THE NOVA SCOTIA

Directory of Services for Adoptive Parents

NOVA SCOTIA

INTRODUCTION

Welcome to *The Nova Scotia Directory of Services for Adoptive Parents*. Produced by the Department of Community Services—Family and Community Supports Division, this directory was developed to help parents quickly find services in their region.

Within these pages, you will find listings for services ranging from child development to education, from physical and mental health to advocacy, from financial to legal assistance. They include those offered by municipal, provincial, and federal governments, as well as private sector, non-profit, and international organizations.

To the best of our knowledge, this is the first time such a comprehensive listing of services for parents of adopted children in Nova Scotia has been compiled and published. As such, we look forward to the continued evolution of the directory as services and the needs of adoptive families change. Your feedback for future editions is welcome. Contact Adoption Services at 424-3205 with your suggestions.

Please note that not all of the services listed in this directory are offered free of charge. As well, service providers move and office hours change. You are advised to call ahead.

Your role as an adoptive parent may be one of the most rewarding experiences of your life. As with any parenting experience, however, the journey will also require a great deal of love, patience, and understanding as you strive to offer the best family environment for your child.

We hope this directory serves you well on that journey.

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This document is available on the Internet at
http://gov.ns.ca/coms/postadoption

For further information about the Nova Scotia
Directory of Services for Adoptive Parents,
please call 902-424-3892
with the Department of Community Services,
Family and Community Supports Division.

Designed by Neil Meister for Communications Nova Scotia

ISBN: 978-1-55457-238-X

PRINTED IN CANADA

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PROVINCIAL RESOURCES

Helpful Adoption Web Sites:

(retrieved from the North American Council on Adoptable Children—www.nacac.org)

Adoption

www.adoptionsupport.org
www.parentbooks.ca/Adoption.html
www.pactadopt.org/store/page1.html
gov.ns.ca/coms/families/adoption/directoryofservices.html
www.nacac.org
www.bcadoption.com
www.adopting.com
www.canadianadoption.com
www.adoption.on.ca
www.adoption.ca
www.adoption.org.uk
www.davethomasfoundation.org
www.adoptionclinic.org
www.canadaadopts.com/canada/resources_priagencies.shtml
https://mnadopt.org
www.nysccc.org/family-supports/recommended-reads
www.childwelfare.gov/adoption
www.adoptshare.com
www.adoptionclubhouse.org
www.baaf.org.uk/res/index.shtml
www.emkpress.com
www.adoptontario.ca
www.ocwtp.net/CgCorner.html
www.actiononadoption.ca
www.taplink.org/booklist.htm
www.familyhelper.net
www.kidkanuck.com
www.adoptionmatters.info
www.squidoo.com/Adoption-Books

Attachment

www.attach.org
attachmentdisorder.net
adsg.syix.com/adsg/index.htm
www.radzebra.org
www.radkid.org

Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder

www.chadd.org
www.add.org

Autism Spectrum Disorder

http://specialneedsadoption.rainbowkids.com/Autism_Spectrum_Disorders.aspx
www.provincialautismcentre.ca
www.nsnet.org/autismns/index.html
www.annapolisvast.ca/

Bipolar Disorder

www.bipolarchild.com
www.patientcenters.com/bipolar
www.bpkids.org

Conduct Disorder

www.conductdisorders.com

Fetal Alcohol Spectrum Disorder (FASD)

www.ccsa.ca
www.fascenter.samhsa.gov
ntiupstream.com/MCHBproject

www.nofas.org
www.fasbookshelf.com

General Special Needs and Disabilities
www.aboutourkids.org
www.ChildTrauma.org
www.nichcy.org
www.npnd.org
www.cec.sped.org
www.ldonline.org
www.ncld.org
www.pacer.org
www.wrightslaw.com
www.tourette-syndrome.com

Mental Health
www.mentalhealthns.ca
www.bazelon.org
www.nami.org
www.teenmentalhealth.org

International Adoption
www.fwcc.org
www.fccns.ca
www.cbfoundation.com
www.jcics.org
www.rainbowkids.com

Openness/Search and Reunion
gov.ns.ca/coms/families/adoption/AdoptionDisclosure.html
www.pbs.org/weblab/adoption
www.isrr.net

On Line Adoption Supports:

Nova Scotians Adopting (novascotiansadopting-subscribe@yahoogroups.com)

Adoption Parenting (adoptionparenting-subscribe@yahoogroups.com)

Adoption Canada (adoptioncanada-subscribe@yahoogroups.com)

Canadians Adopting (canadians-adopting-subscribe@yahoogroups.com

Adoption Reading Materials:

Books about adoption in Canada or by Canadians
(retrieved from the Adoption Council of Canada website www.adoption.ca):

Acres, Karen and Louise Pominville. (2002) *Little Miss Ladybug & her Magical Red Thread.* St. Lazare, Quebec: Ladybug Productions. Intercountry adoption—juvenile fiction.

Allibert, Patricia. (2003) *Nishu: le voyage initiatique d'une adoption au Népal.* St-Jérome, QC: Editions de vie.

Bexon, Sandy. (1999) *Family: an Open Adoption Adventure*. Hanna, Alberta: S. Bexon. (2000) The Face in the Mirror:

Teenagers Talk about Adoption. Vancouver: Arsenal Pulp Press.

Boucher, Guylaine. (2003) *Comment adopter un enfant au Québec ou ailleurs*. Montréal : Éditions Transcontinental.

Bouffard, Jean Rosaire. (2001) *Pour toi, mon fils. Québec: Arion.* Adoption internationale.

Brennan, Deborah. (2008). *Labours of Love: Canadians Talk about Adoption.* An honest look at what it means to be an adoptive parent, an adoptee, and a birth parent. Dunburn.

Burks, Stephanie. (2004) *While you were Sleeping*. Burks Publishing.

Cahill, Bette. *Butterbox Babies : Baby Sales, Baby Deaths : New Revelations 15 Years Later*. Rev. ed. Halifax: Fernwood Pub., c2006.

Chesterfield, Sadie. (2007) *Bienvenue chez les Robinson: une famille pour Lewis*. Adapté par Sadie Chesterfield; illustré par The Disney Storybook Artists; traduit de l'anglais par Catherine Girard-Audet. Messageries ADP, Longueuil, Montréal: Presses Aventure. Series: Collection J'apprends à lire. Traduction de: Meet the Robinsons. A family for Lewis. Basé sur le film.

Cowan, Lissa. (2005) *Adoptive Families are Families for Keeps*. Vancouver: Groundwork Press.

Cowan, Lissa and Jennifer Lee. (2003) *Living with Prenatal Drug Exposure: A Guide for Parents*. Vancouver: Ben Simon Press. Society of Special Needs Adoptive Parents. Series: Living Series. Research by Emilie Cameron.

Cowan, Lissa and Jennifer Lee. (2005) *Tara's Guide to Adoptive Families are Families for Keeps*. [electronic resource]. [Vancouver] : Groundwork Press.

Crook, Marion. (2000) *The Face in the Mirror: Teenagers Talk about Adoption*. Vancouver: Arsenal Pulp Press.

Davy, Emma Ling Zhu. (2006) *China in my Heart*. [Oakville]: Kids for Kids Books.

Deachman, Helen. (1999) *Letters to Muriel: a Search for Kin*. Ottawa: Helen Deachman.

Demers, Lorraine. (2006) *Nisha's Story*. Victoria: Trafford. "One family's story of international adoption".

Desrochers, Richard. (2001) *L'ange de Roumanie: le destin d'une enfant abandonnée*. Sainte-Foy, Québec: Editions Emeraude.

Donna Spalding. (2006) *Roots, Wings and Other Things: a Mother's True Story on Transracial Adoptions*. Burlington, Ont.: Rain Pub.

Galbraith, Lindsay. (1998) *Romanian Orphans, Adopted Daughters*. Stoneridge Publishing House.

Gasco, Elyse. (2006) Bye bye Baby. Winnipeg: Scirocco Drama. "A play".

Goldsmith, Deirdre. (2003) *How Micah helped Build a Family: a Story*

for Foster and Adopted Children. Victoria: Trafford.

Graefe, Sara. (1998) *Etre parents d' enfants touchés par le syndrome d'alcoolisme fetal: un guide pour le quotidien.* Vancouver: Society of Special Needs Adoptive Parents. 2e édition. Copies are for sale through the Adoption Council of Canada office.

Graefe, Sara. (2003) *Lifelong Issues.* Vancouver: Ben Simon Press. Society of Special Needs Adoptive Parents. Series: Adoption Piece by Piece.

Graefe, Sara. (2003) *Living with FASD: a Guide for Parents.* Vancouver: Ben Simon Press. Society of Special Needs Adoptive Parents. 3rd edition. Series: Living Series.

Graefe, Sara. (2003) *Special Needs.* Vancouver: Ben Simon Press. Society of Special Needs Adoptive Parents. Series: Adoption Piece by Piece.

Graefe, Sara. (2003) *A Toolkit for Parents.* Vancouver: Ben Simon Press. Society of Special Needs Adoptive Parents. Series: Adoption Piece by Piece.

Hartlen, Bob. (1999) *Butterbox Survivors! Life after the Ideal Maternity Home.* 294 Radcliffe Drive, Suite 415, Halifax, NS B3S 1E6, bharlen@ns.sympatico.ca

Hilborn, Robin.(2004) *Canadian Guide to Intercountry Adoption, 4th ed.* Family Helper no. 44. Box 1353, Southampton, ON N0H 2L0, helper@familyhelper.net, http://www.familyhelper.net/ad/adguide.html

Hilborn, Robin. (2003) *The Essential Adoption Resource Book: a Compendium of the Best Adoption Resources.* Southampton, ON: Helper Publishing. Adoption Helper no. 42. Box 1353, Southampton, ON N0H 2L0, e-mail helper@familyhelper.net, http://www.familyhelper.net

Hodge, Deborah. (2003) *Emma's Story.* Toronto: Tundra Books. Adoption from China.

Intercountry Adoption Services (2004) *Intercountry Adoption Policy Research Roundtable; Final Report March 4-5, 2004,* Gatineau, Québec. PDF by Social Development Canada.

Intercountry Adoption Services, Social Development Canada. (June 2004) *Tools for Home Assessments for Intercountry Adoption* (pdf). Books, articles, websites and videos currently in use across Canada to evaluate prospective adoptive parents and educate them about intercountry adoption. Information provided by social workers and organizations.

Intercountry Adoption Services (L.M. Edelsward), Social Development Canada. (June 10, 2005) *Challenges Experienced by Intercountry Adopted Children: A Survey of the Issues* . Survey of reports and studies on challenges facing internationally-adopted children. Medical, developmental and behavioural issues.

Kingsbury, Karen. (2006) *De précieux miracles d'adoption: témoignoges de la présence divine dans nos vies.* Traduit de l'américain par Josée Guévin. Varennes, Québec: AdA. Traduction de: A Treasury of Adoption Miracles.

Leith, Anne. (1998) *Mon journal d'adoption.* Chicoutimi, Québec: Editions Félix.

Little, Jean. (2001) *Emma's Yucky Brother.* Toronto: HarperCollins Canada Ltd. Juvenile Books. Emma's brother Max is adopted internationally at age four.

Martineau, Marie-Chantal. (1998) *Mon album d'adoption.* Loretteville, Québec: Dauphin blanc.

Matthews, Blair. (2001) *Touched by Adoption Volume 3.* A collection of 30 short stories that explore all sides of adoption, both positive and negative. Written by birth parents, adoptees and adoptive parents. Cambridge, ON: Playing with Words.

McCreight, Brenda. (2002) *Parenting your Adopted Older Child: how to Overcome the Unique Challenges and Raise a Happy and Healthy Child.* Oakland, California: New Harbinger Publications.

McKinstry, David. (2003) *A Swim against the Tide.* White Knight Publications.

Nicol, Richard. (2005) *The Child of One Race of Two People of Two Islands: Return to Haiti of a Teenager and of Adoptive Father.* Montréal: Éditions du CIDIHCA.

Nicol, Richard. (2005) *L'enfant d'une race, de deux peuples, de deux îles : retour en Haïti d'une adolescente et de son père adoptif.* Montréal : Éditions du CIDIHCA.

Nisbet, Penny. (2000) *A Penny Saved: an Adopted Child's Discovery of the Ties that Bind.* Kingston: House of Vidal.

Olesen, Mavis and Dallas Williams. (2003) *Living in Limbo: Families Journeying toward Understanding.* Regina: M.L. Oleson.

Ouston, Rick. (1998) *Finding Family.* Vancouver: New Star Books.

Perry, Sarah. (2006) *Clara's Test.* Belleville, Ont. : Epic Press. Adopted children--Juvenile fiction

Petrie, Anne. (1998) *Gone to an Aunt's: Remembering Canada's Homes for Unwed Mothers.* Toronto: McClelland & Stewart.

Raymond-Amyot, Hélène. (2003) *Mon odyssée péruvienne.* Cap-Saint-Ignace, Québec: La Plume d'oie.

Rosove, Lori. (2001) *Rosie's Story—an Adoption Story.* Nepean, Ont.: Asia Press.

Rowe, Siobhan, editor. (2005) *Raising Healthy Multiracial adoptive Families: A Question and Answer Guide For Adoptive Families.* (2nd edition) Burnaby, BC: Adoptive Families Association of BC, #200-7342

Winston St, Burnaby, BC, V5A 2H1, phone (604) 320-7330, fax (604) 320-7350.

Ryan, Darlene. (2001) . *A Mother's Adoption Story*. Toronto: Second Story Press. About an adoptive mother.

Services d'adoption internationale. (2004) *Table ronde de recherche sur les politiques en matière d'adoption internationale: Rapport final* (pdf) tenue à Gatineau (Québec) les 4 et 5 mars 2004. PDF par Développement social Canada.

Services d'adoption internationale, Développement social Canada. (Juin 2004) *Outils utilisés pendant l'évaluation psychosociale des adoptants aux fins de l'adoption internationale* (pdf), www.adoption.ca/pdfs/home_assessment_tools_f.pdf. Des livres, des articles, des sites web et des documents vidéo utilisés au Canada qui servent à évaluer les futurs parents adoptifs et à les renseigner sur l'adoption internationale. Basée sur de l'information fournie par les professionnels et les organismes.

Services d'adoption internationale (L.M. Edelsward), Développement social Canada. (le 10 juin 2005) *Les problèmes rencontrés par les enfants adoptés à l'étranger : Enquête sur ces problèmes,. Revue des textes portant sur les éventuels problèmes auxquels les enfants adoptés à l'étranger peuvent être confrontés.* Des problèmes médicaux, de développement et de comportement.

Stergianis, Sofie and Rita McDowall. (2006) *What is Adoption?* : Helping Non-adopted Children Understand Adoption. Toronto: Wisdom Press.

Stolen Generations. (2003) *Book of Voices: Voices of Aboriginal Adoptees and Foster Children*. 45 stories of First Nations people who experienced the Sixties Scoop and life as a native in a non-native home, by an aboriginal group in Winnipeg. Stolen Generations, 94 McGregor St., Winnipeg R2W 4V5, 204-925-0300, 888-962-6294, stolen_generations@yahoo.ca, www.stolengenerations.ca/

Stummer, Helen. (2000) *Out of Darkness: How a Birth Mother Found Herself while Searching for her Daughter*. London: HMS Press.

Wagner, Shirley. (2005) *They call me Trouble : I am Adopted and Loved very much!* Victoria, B.C. : Trafford.

Williams, Candy. (2006) *Life through the Eyes of Candy: Adoption Trials and Happiness*. "Life is what you make it!". Victoria: Trafford.

Ye, Ting-xing with William Bell. (2003) *Throwaway Daughter*. Toronto: Seal books. China—Social conditions—1976-2000—Juvenile fiction, Adopted children.

Resources for Adoption Professionals
(retrieved from the Adoption Council of Canada website—www.adoption.ca and the parentbooks.ca/Adoption.html website):

Answering the Call, *Lasting Impressions: A Guide for Photolisting Children*, www.adoptuskids.org/images/resourceCenter/photolisting.pdf

EMK Press: *Tools and Resources for Adoptive Families and the Professionals Who Help Them*: www.emkpress.com/

Fahlberg, Vera. (1991). *A Child's Journey Through Placement*. Perspectives Press.

Gray, Deborah. (2007). *Nurturing Adoptions: Creating Resilience After Neglect and Trauma*. Perspectives Press.

Hicks, Stephen & Janet McDermott. (1999) *Lesbian and Gay Fostering and Adoption: Extraordinary Yet Ordinary*. Jessica Kingsley Publishers.

Hughes, Daniel. (2000) *Facilitating Developmental Attachment: the Road to Emotional Recovery and Behavioural Change in Foster and Adopted Children*. Rowman and Littlefield Publishing Incorporated.

James, Arleta. (2009) *Brothers and Sisters in Adoption: Helping Children Navigate Relationships When New Kids Join the Family*. Perspectives Press Incorporated.

Javier, Rafael. (2007) *Handbook of Adoption: Implications for Researchers, Practitioners, and Families*. Sage Publications Incorporated,

Levy, Terry & Michael Orlans. (1998) *Attachment, Trauma, and Healing: Understanding and Treating Attachment Disorder in Children and Families*. Child Welfare League of American Press.

Riley, Debbie & John Meeks. (2005) *Beneath the Mask: Understanding Adopted Teens*. C.A.S.E. Publcations.

Schwatz, Lita Linzer. (2006) *When Adoptions Go Wrong: Psychological and Legal Issues of Adoption Disruption*. Haworth Press Incorporated.

Siegel, Daniel & Mary Hartzell (2003) *Parenting from the Inside Out*. Penguin Groups (USA) Inc.

Ten Top Tips for Finding Families, Jennifer Cousins, British Association for Adoption & Fostering, www.baaf.org.uk/res/pubs/books/book_tttff.shtml

The Colours in Me, a publication by BAAF, 2008. Unique collection of poetry, prose and artwork by adopted children and young people. It is a must-read not only for adopted people and their parents, but also for social workers, psychologists, teachers and anyone seeking to understand what it is like to be adopted. To find out more, visit: www.baaf.org.uk/res/pubs/books/book_coloursme.shtml

Planning and Preparing for Adoption (retrieved from the Adoption Council of Canada website—www.adoption.ca):

Brennan, Deborah. (2008). *Labours of Love: Canadians Talk about Adoption*. An honest look at what it means to be an adoptive parent, an adoptee, and a birth parent. To learn more about this new and exciting resource in adoption, visit: www.laboursoflove.ca

Johnston, Patricia Irwin. *Adopting: Sound Choices, Strong Families*. Indianapolis, IN: Perspectives Press, January 2008.

Johnston, Patricia Irwin. *Launching a Baby's Adoption: Practical Strategies for Parents and Professionals*. Indianapolis, IN: Perspectives Press, 1998.

Maskew, Trish. *Our Own: Adopting and Parenting the Older Child*. Longmount, CO: Snowcap Press, 1999.

Melina, Lois Ruskai. *Making Sense of Adoption: a Parent's Guide*. New York: Harper Collins, 1989.

Melina, Lois Ruskai and Sharon Kaplan Roszia. *The Open Adoption Experience: a Complete Guide for Adoptive and Birth Families—from Making the Decision through the Child's Growing Years*. New York: HarperPerennial, 1993.

Robinson, Grace. *Older Child Adoption*. New York: Crossroad Publishing, 1998.

Schooler, Jayne. *The Whole Life Adoption Book: Realistic Advice for Building a Healthy Adoptive Family*. Colorado Springs: Pinon, 1993.

Webber, Marlene. *As If Kids Mattered: What's Wrong in the World of Child Protection and Adoption*. Toronto: Key Porter, 1998.

Parenting Adopted Children (retrieved from the Adoption Council of Canada website—www.adoption.ca):

Brennan, Deborah. (2008). *Labours of Love: Canadians Talk about Adoption*. An honest look at what it means to be an adoptive parent, an adoptee, and a birth parent. To learn more about this new and exciting resource in adoption, visit: www.laboursoflove.ca

Crook, Marion. *The Face in the Mirror: Teenagers and Adoption*. Vancouver: Arsenal Pulp Press, 2000. Completely new edition.

Duxbury, Mickey. *Making Room in our Hearts: Keeping Family Ties Through Open Adoption*. Published by CRC Press, 2007.

Hopkins-Best, Mary. *Toddler Adoption: the Weaver's Craft*. Indianapolis: IN: Perspectives Press, 1997.

Keefer, Betsy and Jayne Schooler. *Telling the Truth to your Adopted or Foster Child: Making Sense of the Past*. Westport, CT: Bergin & Garvey, 2000.

Melina, Lois Ruskai. *Raising Adopted Children: Practical Reassuring Advice for Every Adoptive Parent*. New York: HarperPerennial, 1998. Revised edition.

Pavao, Joyce Maguire. *The Family of Adoption*. Boston: Beacon Press, 1998.

Schaffer, Judith and Christina Lindstrom. *How to Raise an Adopted Child: a Guide to Help your Child Flourish from Infancy through Adolescence*. New York: Copestone, 1989.

Van Gulden, Holly and Lisa Bartels-Rabb. *Real Parents, Real Children: Parenting the Adopted Child*. New York: Crossroad, 1995.

Watkins, Mary and Susan Fisher. *Talking with Young Children about Adoption*. New Haven, Conn.: Yale University Press, 1993.

Psychology of Adoption
(retrieved from the Adoption Council of Canada website—www.adoption.ca):

Brodzinsky, David, Marshall Schecter and Robin Henig. *Being Adopted: the Lifelong Search for Self*. Anchor, 1993.

Brodzinsky, David and Marshall Schecter. *The Psychology of Adoption*. New York: Oxford University Press, 1993.

Ito, Susan and Tina Cervin. *A Ghost at Heart's Edge: Stories and Poems of Adoption*. Berkeley, CA: North Atlantic Books, 1999.

Johnston, Patricia Irwin. *Perspectives on a Grafted Tree: Thoughts for those touched by Adoption*. Indianapolis: IN: Perspectives Press, 1983.

Lifton, Betty Jean. *Journey of the Adopted Self: a Quest for Wholeness*. Basic Books, 1995.

Verrier, Nancy. *The Primal Wound: Understanding the Adopted Child*. Lafayette, CA: Nancy Verrier, 1993.

International/Transracial Adoption
(some resources were retrieved from the Adoption Council of Canada website—www.adoption.ca):

Fancott, Harriet. *Raising Healthy Multiracial Adoptive Families: a Question and Answer Guide for Adoptive Parents*. Vancouver: Adoptive Families Association of British Columbia, 1999.

Johnson, Kay Ann. *Wanting a Daughter, Needing a Son: Abandonment, Adoption, and Orphanage Care in China*. Yeong & Yeong Book Company, 2004.

Klatzkin, Amy. *A Passage to the Heart: Writings from Families with Children from China*. St. Paul, MN: Yeong & Yeong., 1999.

Register, Cheri. *Are Those Kids Yours? American Families with Children Adopted from Other Countries*. New York: Free Press, 1991.

Rothman, Barbara Katz. (2005). *Weaving a Family: Untangling Race and Adoption*. Beacon Press.

Steinberg, Gail and Beth Hall. *Inside Transracial Adoption: Strength-based, Culture-sensitizing Parenting Strategies for Intercountry or Domestic Families that don't Match.* Indianapolis, IN: Perspectives Press, 2000.

Wright, Marguerite. (2000). *I'm Chocolate, You're Vanilla: Raising Healthy Black and Biracial Children in a Race-Conscious World.* Jossey-Bass.

Special Needs Adoption
(retrieved from the Adoption Council of Canada website—www.adoption.ca):

Edelstein, Susan. *Children with Prenatal Alcohol and/or Other Drug Exposure: Weighing the Risks of Adoption.* Washington, D.C.: CWLA Press, 1995. Child Welfare League of America.

Graefe, Sara. *Parenting Children affected by Fetal Alcohol Syndrome: a Guide for Daily Living.* Vancouver: Society of Special Needs Adoptive Parents. 1998. Revised edition. Also available in French.

Keck, Gregory and Regina Kupecky. *Adopting the Hurt Child: Hope for Families with Special-needs Kids: a Guide for Parents and Professionals.* Colorado Springs, Col.: Pinon, 1995.

Ziegler, Dave. *Raising Children who refuse to be Raised: Parenting Skills and Therapy Interventions for the most Difficult Children.* Jasper, OR: Acacia Press, 2000. (For dealing with all troubled children)

Birth parent and Reunion Issues
(some of this information was retrieved from the Adoption Council of Canada website—www.adoption.ca):

Askin, Jane. *Search: A Handbook for Adoptees and Birthparents, 2nd ed.* 2000.

Begley, Vincent. *Missing Links.* 1989.

Brennan, Deborah. (2008). *Labours of Love: Canadians Talk about Adoption.* An honest look at what it means to be an adoptive parent, an adoptee, and a birth parent.

Brodzinsky, David. *Being Adopted: The Lifelong Search for Self.*

Covington, Vicki. *Gathering Home.* The university of Alabama Press.

Dorner, Patricia Martinez. *How To Open An Adoption: A guide from parents and birrthparents of minors.*

Eldridge, Sherrie. *Twenty Thing Adopted Kids Wish Their Adoptive Parents know.* Dell Publishing, 1999.

Forge, Leslie and Gail Mosconi. *The Third Choice: a Woman's Guide to Placing a Child for Adoption.* Berkeley, CA: Creative Book Company, 1999.

Franklin, Lynne and Elizabeth Ferber. *May the Circle be Unbroken: an Intimate Journey into the Heart of Adoption.* New York: Three Rivers Press, 1998.

Griffith, Keith C. *Right to Know Who You Are: Reform of Adoption Law With Honest, Openness and Integrity.*

Gritter, James L. *The Spirit of Open Adoption*, CWLA Press (Child Welfare League of America), 1997.

Hern, Katie and Ellen Carlson. *Reunion: a Year in Letters between a Birthmother and the Daughter she couldn't Keep*. Seattle, WA: Seal Press, 1999.

Lifton, Betty Jean. *Journey of the Adopted Self, A Quest for Wholeness*. Basicbooks, 1994.

Lifton, Betty Jean. *Lost & Found: the Adoption Experience*. New York: Harper Collins, 1988. Revised edition.

Marcus, Clare. *Adopted? A Canadian Guide for the Adopted Adults in Search of Their Origins*, 1979.

Marcus, Clare. *Who is My Mother? Birth Parents, Adoptive Parents and Adoptees Talk About Living With Adoption and the Search for Lost Family*. Gage Distribution Co., 1981.

McColm, Michelle. *Adoption Reunions: A Book for Adoptees, Birth Parents and Adoptive Families.*

McKelvey, Carole A. McKelvey. *Adoption Crisis: The Truth Behind Adoption and Foster Care*, 1994.

Melina, Lois. *Open Adoption Experience: Complete Guide for Adoptive and Birth Families*, 1993.

Oustin, Rick. *Finding Family*. 1994.

Rappaport, Bruce M. *Open Adoption Book: A Guide to Adoption Without Tears*. Macmillan Publishing Company, 1992.

Redmond, Wendie & Sherry Sleightholm. *Once Removed: Voices from Inside the Adoption Triangle*. McGraw- Hill- Ryerson Limited, 1982.

Siber, Kathleen and Patricia Martinez Dorner. *Children of Open Adoption and Their Families*, 1990.

Strauss, Jean A. *Birthright: The Guide to Search and Reunion for Adoptees, Birth Parents & Adoptive Parents*: Penguin Group, 1994.

Books for Children
(retrieved from the Adoption Council of Canada website—www.adoption.ca):

Adoption Clubhouse: www.adoptionclubhouse.org

A Child Is a Child, by Brigitte Weninger: http://specialedandme.wordpress.com/2009/01/01/a-child-is-a-child-by-brigitte-weninger

What is Adoption: Helping Non-Adopted Children Understand Adoption: www.whatisadoption.com

CENTRAL REGION

Advocacy

Accessible Nova Scotia
1 (866) 696-7536 (toll free)
info@accessiblens.ca
www.accessiblens.ca

A group of individuals, businesses, government representatives, and organizations who share a common vision of Nova Scotia as an accessible destination for both residents and visitors.

Deafness Advocacy Association of Nova Scotia
1660 Hollis Street, Suite 803
Halifax, NS B3J 1V7
425-0240
TTY/videophone: 425-0119
Fax: 429-9312
daans@ns.sympatico.ca

Promotes rights, needs, and equal access for deaf and hard of hearing Nova Scotians.

Early Intervention Nova Scotia—Partnerships for Inclusion
95 College Street, Suite 203
Antigonish, NS B2G 1X6
863-3556
Carolyn Webber, project manager, 863-6958
partnerships@ns.aliantzinc.ca
www.earlyintervention.net: Click "Resources" tab on top menu and then scroll down to "Partnerships for Inclusion Program" section.

Project devoted to including more children with special needs in child-care centres through a quality enhancement process.

Equal Education Association of Nova Scotia
860-1759
info@eeans.com
www.eeans.com

Non-profit association that advocates educational rights on behalf of all children with learning disabilities in Nova Scotia.

Nova Scotia Disabled Persons Commission
Dartmouth Professional Centre
277 Pleasant Street, Suite 104
Dartmouth, NS B2Y 4B7
424-8280
1 (800) 565-8280 (toll free within Nova Scotia)
www.gov.ns.ca/disa

Gives people with disabilities a way to participate in the provincial government policy-making process, and advises policy-makers and program-developers about the needs of people with disabilities and the issues and concerns that affect the lives of people with disabilities.

SpeciaLink: The National Centre for Child Care Inclusion
76 Cottage Road
PO Box 775
Sydney, NS B1P 6G9
562-1662
1 (866) 902-6333 (toll free)
Fax: 539-9117
www.specialinkcanada.org

Increases quality and quantity of opportunities for young children with disabilities to fully participate in community programs.

Child Development

Alexandra Children's Centre
3405 Devonshire Avenue
Halifax, NS B3K 3M3
422-5435
Fax: 453-2232

Child care for ages 18 months to five years.

Child Care Connection Nova Scotia
1200 Tower Road, Suite 100
Halifax, NS B3H 4K6
423-8199
1 (800) 565-8199 (toll free)
Fax: 492-8106
info@cccns.org
www.cccns.org

Resource library and referrals based on specific child-care issues. Website allows search of facilities by region.

Cunard Street Children's Centre
5557 Cunard Street
Halifax, NS B3K 1C5
423-6799

Child-care services.

Dartmouth Day Care Centre
28 Caledonia Road
Dartmouth, NS B2W 4R4
434-2865

Child-care services.

Dartmouth Day Care Centre
33 Crichton Avenue
Dartmouth, NS B2Y 1P1
469-3739

Child-care services.

Dartmouth Developmental Centre
Physical address: 182 Wyse Road,
Dartmouth, NS
Mailing address: 1A Boland Road
Dartmouth, NS B3A 1M9
461-0551
Fax: 463-0037
ddc@ns.aliantzinc.ca

Inclusive child-care program for children with special needs. Ages three months to five years.

East Preston Day Care
1799 Highway #7
East Preston, NS B2Z 1E9
462-0054
Fax: 462-5744

eastprestondaycare@hotmail.com
Day care and preschool for ages six months to five years.

Eastern Shore–Musquodoboit Valley Early Intervention Program
22709 Hwy # 7
PO Box 245
Sheet Harbour, NS B0J 3B0
885-2946
Fax: 885-2629
esmveip@dunmac.com
www.earlyintervention.net/easternshore

Services for children who have developmental delays or are at risk for delay.

Halifax Association for Community Living—Halifax Developmental Pre-School
2557 Maynard Street
Halifax, NS B3K 3V6
423-4702
Fax: 463-5007
www.halifaxacl.com

Inclusive preschool program for children with special needs. Ages 18 months to six years.

Little Ladybugs Child Care Centre
6036 Coburg Road
Halifax, NS B3H 1Y9
492-1986
Tanya Dalton

Child-care program for children ages 18 months to five years. Chinese language and culture programs provided.

Point Pleasant Child Care Centre
5651 Ogilvie Street
Halifax, NS B3H 1B9
422-2293
Fax: 422-0696
ppccc@ns.sympatico.ca
www.ppccc.ca

Progress Centre for Early Intervention
3530 Novalea Drive
Halifax, NS B3K 3E8
423-2686
425-7393 (preschool outreach program)
Fax: 425-3360
www.progresscentre.com

A resource and home visit program for infants and young children with developmental delays.

Sackville Family Day Care Association
22 Memory Lane
Lower Sackville, NS B4C 2J3
864-6363
Fax: 864-4998
children@accesswave.ca
www.memorylanefamilyplace.com

Places children in approved family day care homes. Ages eight weeks to 12 years.

Sackville-Bedford Early Intervention Program
PO Box 617
Lower Sackville, NS B4C 3J1
864-5251

sbeip@ns.aliantzinc.ca
www.sbeip.com

Services for children who have developmental delays or are at risk for delay. Ages zero to three years.

St. Joseph's Children's Centre
2326 Brunswick Street
Halifax, NS B3K 2Z3
422-8441

Child care for ages 18 months to 12 years.

Wee Care Centre
Bridget R. (Delia) Edwards Memorial Building
5217 Young Street
Halifax, NS B3K 6A6
455-1081
administration@weecareforkids.ca
www.weecareforkids.ca

Therapeutic care for children with special needs, ages six months to six years.

Education

Academic Associates of Atlantic Tutoring
15 Birkdale Crescent
Halifax, NS B3M 1H4
443-0832
Provides tutoring in most academic subjects to both children and adults.

APSEA (Atlantic Provinces Special Education Authority)
5940 South Street
Halifax, NS B3H 1S6
424-8500
Fax: 424-0543
www.apsea.ca

Serves children and youth who are deaf, hard of hearing, deafblind, blind, or visually impaired.

APSEA—Services for students who are blind or visually impaired.
John McConnell, director, mcconnellj@apsea.ca

APSEA—Services for students who are deaf or hard of hearing.
Joan Skinner, director, skinnerj@apsea.ca

Bridgeway Academy
3 Valleyford Avenue
Dartmouth, NS B2X 1W8
464-0134
www.bridgeway-academy.com

Day school for children with learning disabilities.

Churchill Academy
5 Crichton Avenue
Dartmouth, NS B2Y 1P1
446-3410
Fax: 464-9061
info@churchillacademy.ca
www.churchillacademy.ca

School for those with ADD, ADHD, and other learning disabilities at a variety of grade levels.

Conseil Scolaire Acadien Provincial —Acadian Provincial School Board
CP 88
Saulnierville, NE B0W 2Z0
9248 Route 1, La Butte

Meteghan River, NE B0W 2L0
769-5458
1 (888) 533-2727 (toll free)
Fax: 769-5459
www.csap.ednet.ns.ca

School board responsible for administration of French Acadian schools in the province.

Equal Education Association of Nova Scotia
860-1759
info@eeans.com
www.eeans.com

Non-profit association that advocates educational rights on behalf of all children with learning disabilities in Nova Scotia.

Halifax Regional School Board
90 Alderney Drive
Dartmouth, NS B2Y 4S8
464-2000
Fax: 464-2420
www.hrsb.ns.ca

Administers and supports the public school system of Halifax Regional Municipality.

Homes for Independent Living
2505 Oxford Street
Halifax, NS B3L 2T5
422-9591 or 423-5277
hil@hfx.eastlink.ca
www.nsnet.org/hil

Offers programs, training, accommodations, and services that support young adults with physical disabilities who are striving to live more independently in the community.

Oxford Learning
6270 Quinpool Road
Halifax, NS B3L 1A3
423-4484
Fax: 453-6516
halifax@oxfordlearning.com

http://halifax.oxfordlearning.com
Tutoring for ages 3 to 18.

Sylvan Learning Centre
1378 Bedford Highway
Bedford, NS B4A 1E2
422-7323 or 835-1768
Fax: 835-1779
sylvan.info@ns.aliantzinc.ca
www.educate.com
http://tutoring.sylvanlearning.com/Bedford/index.cfm

Tutoring for grades pre-K to 12.

Financial Services

Canada Revenue Agency
Ralston Building
1557 Hollis Street
PO Box 638
Halifax, NS B3J 2T5
1 (800) 387-1193 (toll free)
Fax: 426-7170
www.cra-arc.gc.ca

Provides information on child and family tax benefits.

Nova Scotia Department of Community Services—Income Assistance
PO Box 2561
Halifax, NS B3J 3N5
1 (877) 424-1177 (toll free)
424-4150
Fax: 424-0578
www.gov.ns.ca/coms: Select "Employment Support & Financial Assistance" and then "Income Assistance" from the Programs section.

Provides income assistance to those in need.

Q104 Children's Trust Fund
2900 Agricola Street
Halifax, NS B3K 6B2
493-2752

A program providing financial assistance to children with serious medical needs.

Government Departments and Agencies

Access Nova Scotia—Dartmouth
Service Nova Scotia and Municipal Relations
Superstore Mall
650 Portland Street
Dartmouth, NS B2W 6A3
1 (800) 670-4357 (toll free)
askus@gov.ns.ca
www.gov.ns.ca/snsmr

Provides hands-on information, forms, applications, and various services, which vary from centre to centre.

Access Nova Scotia—Halifax
Service Nova Scotia and Municipal Relations
300 Horseshoe Lake Drive
Bayers Lake Business Park
Halifax, NS B3S 0B7
1 (800) 670-4357 (toll free)
askus@gov.ns.ca
www.gov.ns.ca/snsmr

Provides hands-on information, forms, applications, and various services, which vary from centre to centre.

Halifax Regional Municipality Information Line
PO Box 1749
Halifax, NS B3J 3A5
490-4000
TTY/TDD: 490-6645
1 (800) 835-6428 (toll free in Nova Scotia)
www.halifax.ca

Information about services and resources in the Halifax Regional Municipality.

Indian and Northern Affairs, Adoption Team
Indian Registration and Band List
Department of Indian and Northern Development
Ottawa, Ontario K1A 0H4
1 (800) 567-9604 or 1 (819) 953-0960
infopubs@ainc-inac.gc.ca

Adoptees wishing to apply for native status must write to the above address.

Mi'kmaq Family and Children's Services of Nova Scotia
111 Membertou Street
PO Box 179
Shubenacadie, NS B0N 2H0
758-3553
1 (800) 263-8686 (toll free)
Fax: 758-2390

Nova Scotia Department of Community Services—Adoption Disclosure Service Program
Halifax District Office
6009 Quinpool Road, Suite 400
Halifax, NS B3K 5J7
424-2755
Fax: 424-7529
www.gov.ns.ca/coms: Select "Support for Children, Youth & Families," then "Adoption," and then "Adoption Disclosure."

Maintains a Passive Adoption Registry and conducts searches for adoptees and birth families and assists with issues related to the Adoption Information Act.

Nova Scotia Department of Community Services—Central Regional Office
2131 Gottingen Street
PO Box 2623
Halifax, NS B3J 3P7
424-4754
Fax: 424-5115
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Cole Harbour District Office
Cole Harbour Place
51 Forest Hills Parkway
Box 1
Dartmouth, NS B2W 6C6
435-7472
Fax: 462-5527
www.gov.ns.ca/coms

Nova Scotia Dept of Community Services—Regional Resources, Central Region
Cole Harbour Place
51 Forest Hills Parkway
Box 1, Dartmouth, NS B2W 6C6
435-8077
email:giffinse@gov.ns.ca

Using PRIDE core inservice Modules, the program provides competency based training to foster and adoptive resource families designed to strengthen foster and adoptive care. PRIDE Core builds upon competencies learned in PRIDE Pre-service training. For more info on Module descriptions, topics, key concepts, and registration please visit www.gov.ns.ca/coms/families/fostercare/ ; PRIDE training schedule.

Nova Scotia Department of Community Services—Dartmouth District Office
Dartmouth Professional Centre,
Suite 400
277 Pleasant Street
Dartmouth, NS B2Y 4B7
424-3298

Fax: 424-0625
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Persons with Disabilities
5675 Spring Garden Road
PO Box 696
Halifax, NS B3J 2T7
424-0932
Fax: 424-0708
www.gov.ns.ca/coms/disabilities
Provides support and services to both children and adults with disabilities who live at home with their families.

Nova Scotia Department of Community Services—Family and Community Supports Division
Nelson Place
5675 Spring Garden Road, 5th Floor
PO Box 696
Halifax, NS B3J 2T7
1 (866) 259-7780 (toll-free number for Nova Scotia Adoption Information Line)
424-4279
Fax: 424-0708
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Halifax District Office #1
2131 Gottingen Street
PO Box 2561
Halifax, NS B3J 3N5
424-6679
Fax: 424-7714
www.gov.ns.ca/coms
Family and children's services, and day-care services.

Nova Scotia Department of Community Services—Halifax District Office #2
PO Box 1513
Halifax, NS B3J 2Y3
424-1980
Fax: 424-8240
www.gov.ns.ca/coms
Services for people with disabilities, in-home support program, and family maintenance income support program.

Nova Scotia Department of Community Services—Halifax District Office #3
Willow Tree Tower
6009 Quinpool Road, 4th Floor
Halifax, NS B3K 5J7
425-5420
Fax: 422-9424
www.gov.ns.ca/coms
Child welfare services.

Nova Scotia Department of Community Services—Lakeside Office (Satellite Office)
1492 St. Margaret's Bay Road
PO Box 190
Lakeside, NS B3T 1M6
876-0580
Fax: 424-8111
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Portland District Office
Royal Bank Building
44 Portland Street, 4th Floor
PO Box 857
Dartmouth, NS B2Y 3Z5

424-1600
Fax: 424-1629
www.gov.ns.ca/coms

Income assistance and services for people with disabilities.

Nova Scotia Department of Community Services—Sackville District Office
40 Freer Lane, Suite 3400
Sackville, NS B4C 0A2
869-3600
Fax: 864-4669
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Sheet Harbour Office (Satellite Office)
PO Box 52
Sheet Harbour, NS B0J 3B0
885-2974
Fax: 885-3497
www.gov.ns.ca/coms

Nova Scotia Office of the Ombudsman
5670 Spring Garden Road, Suite 700
PO Box 2152
Halifax, NS B3J 3B7
424-6780
1 (800) 670-1111 (toll free)
Fax: 424-6675
ombudsman@gov.ns.ca
www.gov.ns.ca/ombu

Handles complaints against provincial and municipal government agencies and departments.

Service Canada Call Centre
1 (800) O CANADA (622-6232) (toll free)
TTY: 1 (800) 926-9105 (toll free)
Fax: (613) 941-1827
www.canada.ca

Primary access point to find information on federal government services.

Service Canada—Bedford Office
Royal Bank Building, 2nd Floor
1597 Bedford Highway
Bedford, NS B4A 1E7
426-7698
TTY: 1 (800) 537-9573 (toll free)
Fax: 426-5552
www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Dartmouth Office
Royal Bank Building, 5th Floor
46 Portland Street
Dartmouth, NS B2Y 1H4
426-5512
TTY: 1 (800) 537-9573 (toll free)
Fax: 426-7301
www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Halifax Office
Halifax Shopping Centre
Mumford Towers, Tower 2
7001 Mumford Road
Halifax, NS B3J 3V1
426-9617
TTY: 1 (800) 537-9573 (toll free)
Fax: 426-7690
www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Nova Scotia and Municipal Relations—Public Enquiries
Mailroom, 8 South, Maritime Centre
1505 Barrington Street
Halifax, NS B3J 3K5
424-5200
1 (800) 670-4357 (toll free)
Fax: 424-0720
askus@gov.ns.ca
www.gov.ns.ca/snsmr/secure/contact/Default.asp?bhcp=1

Information on provincial government programs, policies, and initiatives.

International Services

Children of Choice Consulting
7071 Bayer's Road, Suite 325
Halifax, NS B3L 2C2
422-9881
Mary Miller, social work practitioner,
mfmiller@ns.sympatico.ca

Specializes in international adoptions.

Citizenship and Immigration Canada—Canada Immigration Centre
International Adoption Information
1 (888) 242-2100 (toll free)
TTY: 1 (888) 576-8502 (toll free)
www.cic.gc.ca: Enter into language of choice and then click on "International Adoption" under "Visas and Immigration."

Families with Children from China—Nova Scotia
Karn Nichols or Judy Anderson
479-2442
fccns@eastlink.ca

Volunteer organization that arranges activities to celebrate major Chinese holidays and runs a Chinese culture program for those who have adopted children from China or other Asian countries, or are in the process of doing so.

Family Foundations Consulting
P.O. Box 28042
Dartmouth, NS B2W 6E2
456-5053
donelda@familyfoundationsconsulting.com
Donelda MacDonald, social work practitioner who specializes in International Adoption

Provides post placement reports and post-adoption support with respect to adjustment and attachment issues.

Multicultural Association of Nova Scotia
1113 Marginal Road
Halifax, NS B3H 4P7
423-6534
Fax: 422-0881
admin@mans.ns.ca
www.mans.ns.ca

Information and advocacy for multicultural groups within Nova Scotia.

Nova Scotia Human Rights Commission
Joseph Howe Building
1690 Hollis Street, 6th Floor
PO Box 2221
Halifax, NS B3J 3C4
424-4111
Fax: 424-0596
hrcinquiries@gov.ns.ca
www.gov.ns.ca/humanrights

Addresses complaints of discrimination and provides cultural diversity training.

Legal Services

Dalhousie Legal Aid Service
2209 Gottingen Street
Halifax, NS B3K 3B5
423-8105
Fax: 422-8067
legalaid@dal.ca
http://law.dal.ca: Select "Institutes" on left menu and then "Dalhousie Legal Aid Service."

Legal Information Society of Nova Scotia
Lawyer Referral Service—Dial-A-Law—Legal Info Line
5523B Young Street
Halifax, NS B3K 1Z7
455-3135 (legal information and lawyer referral service)
1 (800) 665-9779 (toll-free number for the above services)
454-2198 (administration, publications, and projects)
420-1888 (Dial-A-Law)
Fax: 455-3105
lisns@legalinfo.org
www.legalinfo.org

Services for people looking for lawyers or legal information in specific areas of law.

Nova Scotia Barristers' Society
Centennial Building
1645 Granville Street, Suite 1101
Halifax, NS B3J 1X3
422-1491
Fax: 429-4869
www.nsbs.org

Handles complaints against lawyers, and provides information to the public.

Nova Scotia Legal Aid—Dartmouth
99 Wyse Road, Suite 300
Dartmouth, NS B3A 4S5
420-8815
Fax: 420-6562

Provides legal assistance for family law and criminal matters to those who qualify.

Nova Scotia Legal Aid—Metro
2830 Agricola Street
Halifax, NS B3K 4E4
420-3450
Fax: 420-2873

Provides legal assistance for family law matters to those who qualify.

Nova Scotia Legal Aid Commission —Head Office
Office of the Executive Director
137 Chain Lake Drive, Suite 102
Halifax, NS B3S 1B3

420-6578
1 (877) 420-6578 (toll free)
Fax: 420-3471
nsla.exec@ns.sympatico.ca

Nova Scotia Supreme Court—Family Division
3380 Devonshire Avenue
PO Box 8988, Station A
Halifax, NS B3K 5M6
424-3990
Fax: 424-0562
www.courts.ns.ca

Deals with all family law court matters in the Halifax Regional Municipality. Clients of the court who require family mediation services must be referred through the court.

Mental Health

Addiction Prevention and Treatment Services
Simpson Hall
Nova Scotia Hospital
300 Pleasant Street
Dartmouth, NS B2Y 3Z6
424-8866
1 (866) 340-6700 (toll free outside of HRM)
Fax: 424-0627
www.cdha.nshealth.ca

Helps people who are dealing with use and abuse of drugs, alcohol, and gambling. There are programs for men, women, youth (ages 13 to 19), and families.

Al-Anon and Al-Ateen
PO Box 153
Dartmouth, NS B2Y 3Y3
466-7077
1 (888) 425-2666 (toll free)
www.freewebs.com/alanonmaritimes

Support group for people whose lives have been affected by the alcoholism of a family member or friend.

Canadian Mental Health Association—Nova Scotia Division
63 King Street
Dartmouth, NS B2Y 2R7
466-6600
1 (877) 466-6606 (toll free)
Fax: 466-3300
cmhans@eastlink.ca
www.novascotia.cmha.ca

Mental health promotion agency; does not offer counselling services.

CHOICES Adolescent Treatment Program
O'Brien Hall
5217 Morris Street
Halifax, NS B3J 1B7
470-6300
Fax: 470-7062

CORE—Community Oriented Recovery Environment
3rd Floor, Simpson Hall
Nova Scotia Hospital
300 Pleasant Street
Dartmouth, NS B2Y 3Z6
424-8866
Fax: 424-0627

Helps individuals, families, and communities dealing with the harm

associated with the use and abuse of alcohol, drugs, and gambling.

IWK Health Centre—Community Mental Health—Dartmouth
277 Pleasant Street, Suite 204
Dartmouth, NS B2Y 4B7
464-4110 (central referral)
469-8170 (clinic)
www.iwk.nshealth.ca

Must have referral through central referral or self referral.

IWK Health Centre—Community Mental Health—Halifax
6080 Young Street, Suite 1001
Halifax, NS B3K 5L2
464-4110 (central referral)
422-1611 (clinic)
www.iwk.nshealth.ca

Must have referral through central referral.

IWK Health Centre—Community Mental Health—Sackville
40 Freer Lane
Lower Sackville, NS B4C 0A2
464-4110 (central referral)
864-8668 (clinic)
www.iwk.nshealth.ca

Must have referral through central referral.

Nova Scotia Hospital
300 Pleasant Street
PO Box 1004
Dartmouth, NS B2Y 3Z9
464-3111
Fax: 464-6032
www.cdha.nshealth.ca: Select "Hospitals/Health Centres" from left menu and then "The Nova Scotia Hospital" from drop-down menu.

Provides a broad range of mental health programs.

Twin Oaks/Birches Continuing Care Centre
7702 Highway #7
Musquodoboit Harbour, NS B0J 2L0
889-4110
Fax: 889-4144
Sheila Martin, health services director, sheila.martin@cdha.nshealth.ca
www.cdha.nshealth.ca

Physical Health

Brain Tumour Foundation of Canada
620 Colborne Street, Suite 301
London, ON N6B 3R9
1 (519) 642-7755
1 (800) 265-5106 (toll free)
Fax: 1 (519) 642-7192
braintumour@braintumour.ca
www.braintumour.ca

Brain tumour support group.

Capital Health—QEII Health Sciences Centre
Halifax Infirmary Building
1796 Summer Street
Halifax, NS B3H 3A7
473-2700
www.cdha.nshealth.ca: Select "Hospitals/Health Centres" on left menu and then "Queen Elizabeth II Health Sciences Centre."

The largest health sciences centre in Atlantic Canada.

Clayton Park Medical Clinic
278 Lacewood Drive
Halifax, NS B3M 3N8
445-9600

Walk-in medical clinic.

Cobequid Community Health Centre
40 Freer Lane
Lower Sackville, NS B4C 0A2
869-6100
www.cdha.nshealth.ca: Select "Hospitals/Health Centres" on the left side of screen.

Emergency department open from 7 am to 10 pm, seven days a week.

Cowie Family Medicine Centre
15 Shoreham Lane
Halifax, NS B3P 2R3
473-1234
Fax: 473-4353

Family-based medical practice.

Dartmouth General Hospital
325 Pleasant Street
Dartmouth, NS B2Y 4G8
465-8300 (switchboard)
Fax: 465-8537
www.cdha.nshealth.ca: Select "Hospitals/Health Centres" on the left side of screen.

Contains 24-hour emergency department.

Directory of Family Physicians Accepting New Patients
www.gov.ns.ca/health/physicians/physicians.asp
424-3047

Directory of French Speaking Primary Health Care Providers
www.gov.ns.ca/health/frhcp/

Doctors Nova Scotia
25 Spectacle Lake Drive
Dartmouth, NS B3B 1X7
468-1866
Fax: 468-6578
inquiries@doctorsns.com
www.doctorsns.com

Professional association of Nova Scotia's doctors.

Eastern Shore Memorial Hospital
22637 Highway #7
Sheet Harbour, NS B0J 3B0
885-2554
Fax: 885-3200
www.cdha.nshealth.ca: Select "Hospitals/Health Centres" on the left side of screen.

Family Focus Medical Clinic—Dartmouth
Atlantic Superstore
650 Portland Street
Dartmouth, NS B2W 6A3
462-0893
www.thefamilyfocus.ca

Walk-in medical clinic. Open from 8:30 am to 9 pm on weekdays and from 11 am to 5 pm on Saturdays.

Family Focus Medical Clinic—Halifax
Atlantic Superstore
3601 Joseph Howe Drive
Halifax, NS B3L 4H8
420-6060
www.thefamilyfocus.ca

Walk-in medical clinic. Open from 8:30 am to 9 pm on weekdays and from 11 am to 5 pm on Saturdays.

Family Focus Medical Clinic—Halifax
Halifax Professional Centre
5991 Spring Garden Road
Halifax, NS B3H 1Y6
420-6060
www.thefamilyfocus.ca

Walk-in medical clinic. Open from 8:30 am to 9 pm on weekdays and from 11 am to 5 pm on Saturdays, Sundays, and holidays.

Family Focus Medical Clinic—Lower Sackville
Atlantic Superstore
745 Sackville Drive, Upper Level
Lower Sackville, NS B4E 2R2
420-6060
www.thefamilyfocus.ca

Walk-in medical clinic. Open from 8:30 am to 9 pm on weekdays and from 11 am to 5 pm on Saturdays, Sundays, and holidays.

Halifax Allergy & Asthma Associates
5991 Spring Garden Road, Suite 520
Halifax, NS B3H 1Y6
425-3927

Family doctor referral required.

Health Canada
Maritime Centre
1505 Barrington Street, Suite 1525
Halifax, NS B3J 3Y6
426-2038
1 (866) 225-0709 (toll-free general inquiry line)
Fax: 426-3768
info@hc-sc.gc.ca
www.hc-sc.gc.ca

Deals with any matter within the jurisdiction of Health Canada.

Health Promotion Clearinghouse—Nova Scotia
City Centre Atlantic
1535 Dresden Row, Suite 209
Halifax, NS B3J 3T1
494-1917
1 (877) 890-5094 (toll free)
Fax: 494-3594
Caroline Ploem, manager,
hpc@dal.ca
www.hpclearinghouse.ca

Links people and organizations involved in health promotion in Nova Scotia to community resources and expertise.

IWK Health Centre
5850/5980 University Avenue
PO Box 9700
Halifax, NS B3K 6R8
470-8888 (switchboard)
Fax: 470-6790
feedback@iwk.nshealth.ca (general inquiries only)
www.iwk.nshealth.ca

Provides care to children, youth, women, and families.

IWK Health Centre—Child Safety Link
5850/5980 University Avenue
PO Box 9700
Halifax, NS B3K 6R8
470-6496
1 (866) 288-1388 (toll free outside Halifax)
Fax: 470-6774
childsafetylink@iwk.nshealth.ca
www.childsafetylink.ca

Poison prevention information and other injury prevention information.

IWK Regional Poison Centre
5850 University Avenue
PO Box 9700
Halifax, NS B3K 6R8
FOR ALL POISON EMERGENCIES, DIAL 911 AND ASK TO SPEAK TO THE POISON CENTRE.
470-8161 (Halifax-only emergency line)
1 (800) 565-8161 (toll-free emergency line for rest of Nova Scotia)
Fax: 470-7213

Toll-free, 24-hour poison information service.

Lung Association of Nova Scotia—Asthma Action Helpline
1 (800) 668-7682 (toll free in Nova Scotia)
info@ns.lung.ca

A toll-free helpline. Certified asthma educators are available weekdays during business hours to answer questions and provide advice on asthma.

Lung Association of Nova Scotia Provincial Office
6331 Lady Hammond Road
Halifax, NS B3K 2S2
443-8141
Fax: 445-2573
info@ns.lung.ca
www.ns.lung.ca

Telephone service for people with asthma. Provides information. Not an emergency number.

Medical Services Insurance (MSI)
Physical location: 230 Brownlow Ave
Dartmouth, NS
Mailing address: PO Box 500
Halifax, NS B3J 2S1
496-7008
1 (800) 563-8880 (toll free)
Fax: 481-3160 (registration)
msienquiry@medavie.bluecross.ca
www.gov.ns.ca/health/msi.htm

Provides eligible residents with coverage for medically required health services.

Musquodoboit Valley Memorial Hospital
492 Archibald Brook Road
Middle Musquodoboit, NS B0N 1X0
384-2220
Fax: 384-3310

www.cdha.nshealth.ca: Select "Hospitals/Health Centres" on the left side of screen.

North End Community Health Centre
2165 Gottingen Street
Halifax, NS B3K 3B5
420-0303

Fax: 422-0859
northend@nechc.com
www.nechc.com

Range of health services. Physicians available during regular office hours and some evenings.

Nova Scotia Department of Health
PO Box 488
Halifax, NS B3J 2R8
424-5818
1 (800) 387-6665 (toll free)
Fax: 424-0730
dohweb@gov.ns.ca
www.gov.ns.ca/health

Nova Scotia Rehabilitation Centre
1341 Summer Street
Halifax, NS B3H 1K1
473-2700 (main switchboard to all hospitals; you will have to tell the operator which department or doctor you wish to speak with)
www.cdha.nshealth.ca: Click "Hospitals/Health Centres" on left, then "Queen Elizabeth II Health Sciences Centre." Click "Nova Scotia Rehabilitation Centre" under "Victoria General site buildings" on right side of centre of page.

Cross-disability rehabilitation facility.

Respiratory Services/Asthma Clinic
Cobequid Community Health Centre
40 Freer Lane
Lower Sackville, NS B4C 0A2
869-6140
Fax: 865-6073
Donna Haverstock, RN, CAE,
donna.haverstock@cdha.nshealth.ca
www.cdha.nshealth.ca

Patient education program for children and adults with asthma and Chronic Obstructive Pulmonary Disease (COPD).

Ronald McDonald House Atlantic Canada
Friends of Children (Atlantic) Association
1133 Tower Road
Halifax, NS B3H 2Y7
429-4044
Fax: 429-8650
info@rmhatlantic.ca
www.rmhatlantic.ca

Scotiamed Medical Clinic—Bedford
961 Bedford Highway
Bedford, NS B4A 1A9
832-2380

Walk-in medical clinic and family practice.

Scotiamed Medical Clinic—Halifax
279 Herring Cove Road
Halifax, NS B3P 1M2
477-0628

Walk-in medical clinic and family practice.

Twin Oaks Memorial Hospital
7702 Highway #7
Musquodoboit Harbour, NS B0J 2L0
889-4110
Fax: 889-4144
Sheila Martin, health services director, sheila.martin@cdha.nshealth.ca

www.cdha.nshealth.ca: Click "Hospitals/Health Centres" on left, then "Twin Oaks Memorial Hospital."

Psychological Services

Association of Psychologists of Nova Scotia
1657 Barrington Street, Suite 417
Halifax, NS B3J 2A1
422-9183
Fax: 462-9801
apns@apns.ca
www.apns.ca

Provides a directory of psychologists registered with the association, as well as a guide to choosing a psychologist. Psychologists cannot be reached directly through this phone number or email address; the association provides referrals to private practice psychologists.

Atlantic Therapy and Assessment Centre
1394 Bedford Highway
Bedford, NS B4A 1E2
832-0438

Provides counseling services to children and families including pre and post adoption counseling; trauma and grief counseling; and family and peer relationship issues.

Corkum & Associates Psychological Services Ltd.
1378 Bedford Highway
Bedford, NS B4A 1E2
832-0332
Fax: 832-3682

Family psychologist with experience working with children who have autism spectrum disorders. Dr. Corkum has a number of associates who specialize in working with children. Psycho-educational testing, developmental assessments, and counselling for children, youth, and families.

David Cox
6265 Quinpool Road, Suite 202
PO Box 31101
Halifax, NS B3K 5T9
454-6238
Fax: 454-2144
coxbeaton@eastlink.ca

Psychological assessments.

Sharon L. Cruikshank and Associates
1938 Connaught Avenue
Halifax, NS B3H 4E1
420-2195
Fax: 446-8033

Kristel Englund & Associates Inc.
320 Whynachts Point Road
Tantallon, NS B3Z 2L1
826-2729
Fax: 826-1921
kenglund@eastlink.ca

Specializes in adolescents and adoption-related issues.

Family Service Association
West End Mall
6960 Mumford Road, Suite S14
Halifax, NS B3L 4P1

420-1980
Fax: 423-9830
admin@fshalifax.com

Provides individual, couple, family, and group counselling.

Genest Psychological Services
5739 Inglis Street
Halifax, NS B3H 1K5
492-2546
Fax: 423-3469
info@genestpsychology.com
www.genestpsychology.com

Provides counselling, assessment, therapy, workshops, and consultations.

Dr. Carolyn Humphreys
Breakthrough
3845 Joseph HoweDrive, Suite 108
Sutton Place
Halifax, NS B3L 4H9
455-9939
Fax: 454-4986
the.team@breakthrough.ns.ca
www.breakthrough.ns.ca

Provides psychological services to children and families, including post-adoption counselling.

Ann Krane & Associates Ltd.
1681 Cambridge Street
Halifax, NS B3H 4A5
445-3851
Fax: 445-1394
www.annkraneassociates.ca

Specializes in assessments of attention deficit hyperactivity disorder and learning disabilities.

Dr. Richard G. MacGillivray and Associates
Gladstone Professional Centre,
Suite 305
6155 North Street
Halifax, NS B3K 5R3
453-2200
Fax: 453-5868
www.halifaxpsychologicalservices.com

Therapy for families, adults, adolescents, and children; specializes in attachment issues.

Dr. Karin Pure & Associates
90 Portland Street,
Dartmouth, NS, B2Y 1H6
444-3669
Fax: 444-3665

Areas of speciality are neuro-developmental disorders, learning disabilities, attention deficit disorder, autism spectrum disorder, global developmental delays, behaviour management, anxiety, depression, parenting skills, pediatric health concerns, sleeping and feeding issues, eating disorders, anger management, social skills training, divorce, grief counseling, individual, group and family therapy.

Dr. John Swaine and Associates Ltd.
Halifax Professional Centre
5591 Spring Garden Road, Suite 365
Halifax, NS B3H 1Y6
469-0048
Fax: 469-3001
jswaine@dal.ca
http://drswaine.ca

Experienced mental health professionals specializing in the areas of adolescents, young adults, and their families.

Martin Whitzman
5991 Spring Garden Road, Suite 334
Halifax, NS B3H 1Y6
429-9691

Specializes in marriage and family therapy.

Shanda Woodin
VIMIGA Professional Centre, Suite 12
294 Cobequid Road
Lower Sackville, NS B4C 4C5
220-0449
Fax: 461-0123
s.woodin@ns.sympatico.ca
www.shandawoodin.ca

Offers therapy to families and individuals, including attachment therapy. Knowledgeable about fostering and adoption issues.

Dr. Nina Woulff & Associates
The Hydrostone Market
5539-B Young Street
Halifax, NS B3K 1Z7
492-1271
Fax: 421-1990
nw@drnina.ca
www.drnina.ca

Has experience with adoption issues.

Recreational Services

Big Brothers Big Sisters of Greater Halifax
86 Ochterloney Street
PO Box 307
Dartmouth, NS B2Y 3Y5
466-KIDS (5437)
Fax: 465-4281
office@bigbrothersbigsistershalifax.ca
www.bigbrothersbigsistershalifax.ca

Provides the opportunity for a one-to-one relationship between children and adult volunteers. The aim is to enhance the development and sense of self-worth of children who are primarily from single-parent families. Carefully screened adult volunteers are matched with children who are in need of leadership, guidance, friendship, or role modelling. In-school mentor program as well.

Boys and Girls Club of East Dartmouth
30 Caledonia Road
PO Box 3074
Dartmouth, NS B2W 4Y3
435-3204
Fax: 435-1441
eastdartbgc@ns.sympatico.ca
www.edbgc.ca
www.bgccan.com: Select "Find a Club" to find a club in your area, and click "Go." Clubs available in Dartmouth, Cole Harbour, Preston, Spryfield, Sackville, Truro/Colchester, and Yarmouth.

Planned recreation and leisure activities for children and youth ages 3 to 16 years.

Boys and Girls Club of Sackville
45 Connolly Road
PO Box 66
Lower Sackville, NS B4C 2S8
865-5010
Fax: 865-2563
Trevor Brown, executive director,
sackville.bandgclub@ns.sympatico.ca
www.bgccan.com: Select "Find a Club" to find a club in your area, and click "Go." Clubs available in Dartmouth, Cole Harbour, Preston, Spryfield, Sackville, Truro/Colchester, and Yarmouth.

Offers social, recreation, and drug prevention programs for adolescents.

Boys and Girls Clubs of Canada—National Office
7100 Woodbine Avenue, Suite 204
Markham, ON L3R 5J2
1 (905) 477-7272
Fax: 1 (905) 477-2056
info@bgccan.com
www.bgccan.com: Select "Find a Club" to find a club in your area, and click "Go." Clubs available in Dartmouth, Cole Harbour, Preston, Spryfield, Sackville, Truro/Colchester, and Yarmouth.

Boys and Girls Clubs of Nova Scotia
287 Lacewood Drive, Unit 103
PO Box 303
Halifax, NS B3M 3Y7
895-0358
sabs@tru.eastlink.ca

Bulldog Interactive Fitness
644 Portland Street
Dartmouth, NS B2W 6C4
404-6000
www.bulldoginteractivefitness.com

Fitness centre for children and youth ages three to the teen years.

Captain William Spry Community Centre
10 Kidston Road
Halifax, NS B3R 2J7
479-1111 or 477-7665
Fax: 479-1177
www.halifax.ca/recreation

Has a wave pool, fitness centre, library, and various other services.

Community YMCA
2269 Gottingen Street
Halifax, NS B3K 3B7
422-9622
Fax: 423-8530
www.ymcahrm.ns.ca

Offers recreation facilities and programs.

Dartmouth North Community Centre
134 Pinecrest Drive
Dartmouth, NS B3A 2J9
490-5900
Fax: 490-5905
Matt Maguire, recreation programmer,
490-4730, maguima@halifax.ca
dncc@dncc.ns.ca
www.dncc.ns.ca

Offers a wide variety of services, programs, and resources to the community, including recreation and leisure activities for children and youth. Has a library.

Dartmouth YMCA
21 Woodlawn Road
Dartmouth, NS B2W 2R7
469-9622
Fax: 461-1475
www.ymcahrm.ns.ca

Offers recreation facilities and programs.

George Dixon Community Centre
2501 Gottingen Street
Halifax, NS B3K 3C3
490-4550
Fax: 490-4570
www.halifax.ca/recreation/facilities.html

Offers a variety of cultural, social, and recreation programs.

Girl Guides of Canada—Nova Scotia Council
423-3735
1 (800) 565-8111 (toll free)
Fax: 423-5347
ggcns@girlguides.ns.ca
www.girlguides.ns.ca

Activities for girls ages 5 to 17 years, as well as women ages 18 and over.

LeBrun Community Centre
36 Holland Avenue
Bedford, NS B4A 1L9
490-4665
Fax: 490-4680
www.halifax.ca/recreation

Sports and recreation facility.

LOVE Program (Leave Out ViolencE)
1657 Barrington St., #106
Halifax, NS B3J 2A1
429-6616

For youth aged 13-18 who have been victims, witnesses or perpetrators of violence. LOVE defines violence as 'anything that hurts', so our youths' experiences include: child-abuse; sexual abuse; bullying (including assault, ostrocization, verbal harassment); gang-related violence; self-mutilation (cutting); eating disorders; suicide (family members, peers or personal attempts); alcohol and drug use; domestic abuse; rape; sexual harassment; and hate crimes (racism, homophobia, sexism). The LOVE program offers:Photojournalism, Leadership Training, Outreach, and Peer Mediation Partnership.

MAMBEC (Martial Art Mind Body Education Centre)
Cole Harbour Place
Halifax, NS B2W 6B2
462-5669

MAMBEC is a unique martial art center that teaches children both physical and mental martial arts. MAMBEC's objective is to give children safe skills to deal with conflict at an early age and to provide them with a better understanding of the world around them.

Needham Centre/Pool
3372 Devonshire Avenue
Halifax, NS B3K 3M2

490-4633
Fax: 490-4579
www.halifax.ca/recreation

Offers various recreation and social programs. Has a swimming pool and gymnasium.

Northcliffe Centre/Pool
111 Clayton Park Drive
Halifax, NS B3M 1M3
490-4690
Fax: 457-3881
www.halifax.ca/recreation

Offers a variety of recreation, cultural, social, and fitness programs. Has a swimming pool.

Parks Canada—Atlantic Service Centre
1869 Upper Water Street, 2nd Floor, Pontac House
Halifax, NS B3J 1S9
426-9805
Fax: 426-7012
www.pc.gc.ca

Parks Canada—National Office
25 Eddy Street
Gatineau, QC K1A 0M5
1 (888) 773-8888 (toll free)
information@pc.gc.ca
www.pc.gc.ca

Oversees all national parks in Canada.

Recreation Nova Scotia
5516 Spring Garden Road, Suite 309
Halifax, NS B3J 1G6
425-1128
Fax: 422-8201
info@recreationns.ns.ca
www.recreationns.ns.ca

Advocates on behalf of all Nova Scotians for high-quality recreation and leisure opportunities.

Scouts Canada
84 Thorne Ave
Dartmouth, NS B3B 1Y5
423-9227
1 (800) 557-7268 (toll free)
Fax: 423-7989
nsoffice@scouts.ca
www.ns.scouts.ca

Educational and recreation programs for youth.

Sport Nova Scotia
5516 Spring Garden Road, 4th Floor
Halifax, NS B3J 1G6
425-5450
Fax: 425-5606
sportns@sportnovascotia.ca
www.sportnovascotia.ca

Promotes the benefits of health, personal development, and achievement for all participants. Works to increase public awareness of the benefits of amateur sport.

YMCA of Greater Halifax/Dartmouth—South Park YMCA
1565 South Park Street
Halifax, NS B3J 2L2
423-9709
Fax: 425-3180
www.ymcahrm.ns.ca

Offers recreation facilities and programs.

Special Needs

Abilities Foundation of Nova Scotia
3670 Kempt Road
Halifax, NS B3K 4X8
453-6000
Fax: 454-6121
admin@abilitiesfoundation.ns.ca
www.abilitiesfoundation.ns.ca

Services for children and adults who have physical disabilities. Offers Camp Tidnish for children ages eight years and older.

Accessible Nova Scotia
1 (866) 696-7536 (toll free)
info@accessiblens.ca
www.accessiblens.ca

A group of individuals, businesses, government representatives, and organizations who share a common vision of Nova Scotia as an accessible destination for both residents and visitors.

Adoption Support Group of Halifax
3530 Novalea Drive
Halifax, NS B3K 3E8
422-1290
Debra Reynolds Banting,
banting.reynolds@ns.sympatico.ca

This group is for anyone who is touched by adoption: adoptive parents, birth parents and adult adoptees, as well as those waiting for a placement. They welcome both domestic and international adoptive parents/adoptees and include families formed through kinship adoption.

Aliant—Special Needs Services
PO Box 880
Halifax, NS B3J 2W3
1 (800) 694-9313 (toll-free number to request special equipment and inquire about pick-up locations)
1 (800) 267-6511 (toll-free number for Aliant Relay Service; allows TTY users to communicate over the Public Switched Telephone Network)
1 (866) 425-4268 (toll-free number for customer service)
TTY/TDD: 1 (800) 276-3105 (toll free)
www.aliant.net: Select "Phone Services" under "For Your Home" menu, then "Home Telephone" from left menu. Select "Atlantic Relay Service" under "Telephone Services" heading.

Provides specialized telephone communication devices and services to clients with special needs.

APSEA (Atlantic Provinces Special Education Authority)
5940 South Street
Halifax, NS B3H 1S6
424-8500
Fax: 424-0543
www.apsea.ca

Serves children and youth who are deaf, hard of hearing, deafblind, blind, or visually impaired.

APSEA—Services for students who are blind or visually impaired.
John McConnell, director,
mcconnellj@apsea.ca

APSEA—Services for students who are deaf or hard of hearing.

Joan Skinner, director,
skinnerj@apsea.ca

Atlantic Clinic for Communication Disorders
5657 Spring Garden Road, Suite 601
Halifax, NS B3J 3R4
429-6681
Fax: 429-6313
vicki_roda@hotmail.com
www.atlclinic.com

Private clinic that provides a range of individualized speech-language pathology services to children and adults.

Brain Injury Association of Nova Scotia
Victoria General Hospital
Bethune Building, Room 242
PO Box 8804
Halifax, NS B3K 5M4
473-7301
Fax: 473-7302
bians1@ns.sympatico.ca
www3.ns.sympatico.ca/bians1/

Provides support for brain-injured people and their families.

Bridgeway Academy
3 Valleyford Avenue
Dartmouth, NS B2X 1W8
464-0134
www.bridgeway-academy.com

Day school for children with learning disabilities.

Canadian Cystic Fibrosis Foundation—Scotia Chapter
1801 Hollis Street, Suite 415
Halifax, NS B3J 3N4
425-2462
1 (800) 378-2233 (national toll-free number)
Fax: 422-2956
Pamela Barnes, development coordinator, pamela@cfnovascotia.ca
www.cysticfibrosis.ca

Provides information and support to people affected by cystic fibrosis.

Canadian Diabetes Association
Regional Leadership Centre
137 Chain Lake Drive, Suite 101
Halifax, NS B3S 1B3
453-4232
1 (800) 326-7712 (toll free)
Fax: 453-4440
www.diabetes.ca

Provides information and resources to people with diabetes and their families. Summer camps for children.

Canadian National Institute for the Blind
6136 Almon Street
Halifax, NS B3K 1T8
453-1480
1 (800) 563- 2642 (toll-free number for national office)
Fax: 454-6570
nspei@cnib.ca
www.cnib.ca

Offers rehabilitation services to those who are blind or visually impaired.

Canadian Paraplegic Association (Nova Scotia)
Mainland Nova Scotia & Head Office
Halifax Shopping Centre, Tower 1
Suite 317A
Halifax, NS B3L 4N9
423-1277
1 (800) 889-1889 (toll free within Nova Scotia)
Fax: 492-1213
halifax@canparaplegic.org
www.thespine.ca

Helps people with spinal cord injuries and other physical disabilities to achieve independence, self-reliance, and full community participation.

Central Region Respite Society
198 Portland Street
PO Box 24061
Dartmouth, NS B3A 4T4
405-4219
463-4219 (respite apartment phone number)
Fax: 484-5960
www.respite.ca

Helps families in caring for children with special needs.

Deaf Literacy Nova Scotia
c/o Society of Deaf and Hard of Hearing Nova Scotians
1657 Barrington Street, Suite 117
Halifax, NS B3J 2A1
423-3353
422-7130 (voice, videophone, TTY)
Fax: 492-3864
dlns@sympatico.ca
www.deafliteracynovascotia.ca

Promotes and supports literacy and learning of deaf adults through self-development, literacy, and American Sign Language/Maritime Sign Language literacy.

Disability Tax Credit/ Child Disability Benefit
1 (800) 959-8281 (toll free)
www.cra.gc.ca: Enter into language of preference, then select "Persons with disabilities" from "Information For" column on the left.

Information on both the Disability Tax Credit and Child Disability Benefit, either of which may be available to parents who support a child or children who have a severe and prolonged mental or physical impairment.

Epilepsy Association of Nova Scotia
5880 Spring Garden Road, Suite 306
Halifax, NS B3H 1Y1
429-2633
1 (866) EPILEPSY (374-5377) (toll free)
Fax: 425-0821
info@epilepsyns.com
www.epilepsyns.com

Provides information and resources to people with epilepsy and their families.

Equal Education Association of Nova Scotia
860-1759
info@eeans.com
www.eeans.com

Non-profit association that advocates educational rights on

behalf of all children with learning disabilities in Nova Scotia.

Halifax Association for Community Living—Family Support
2557 Maynard Street
Halifax, NS B3K 3V6
463-4752
Fax: 463-5007
hacl@eastlink.ca
www.halifaxacl.com

Works with families who have a family member with an intellectual disability.

Halifax Regional Cerebral Palsy Association
PO Box 33075
Quinpool Postal Outlet
Halifax, NS B3L 4T6
479-0963
Fax: 423-4340
cerebral.palsy@ns.sympatico.ca
www.hrcpa.ca

Aims to improve life for its members and those in mainland Nova Scotia who are living with cerebral palsy.

Learning Disabilities Association of Nova Scotia
46 Portland Street, Suite 601
Dartmouth, NS B2Y 1H4
423-2850
Fax: 423-2834
info@ldans.ca
www.ldans.nsnet.org

Offers advocacy, support, and referral services to children, parents, adults, and others dealing with learning disabilities.

Newborn Hearing Screening Program—IWK
5850/5980 University Avenue
PO Box 3070
Halifax, NS B3J 3G9
470-7146
Fax: 470-7950
nshgrace@nshsc.ns.ca
www.nshsc.ns.ca

Provides early detection and treatment of hearing disorders.

Nova Read Clinic
1595 Bedford Highway, Suite 223
Bedford, NS B4A 3Y4
425-7323
Fax: 425-3372

Provides assistance with school and reading improvement, speech-language pathologists, and tutoring.

Nova Scotia Disabled Persons Commission
Dartmouth Professional Centre
277 Pleasant Street, Suite 104
Dartmouth, NS B2Y 4B7
424-8280
1 (800) 565-8280 (toll free within Nova Scotia)
www.gov.ns.ca/disa

Gives people with disabilities a way to participate in the provincial government policy-making process, and advises policy-makers and program-developers about the needs of people with disabilities and the issues and concerns that affect the lives of people with disabilities.

Nova Scotia Hearing and Speech Centres—Dartmouth
Queen Square
45 Alderney Drive, Suite 803
Dartmouth, NS B2Y 2N6
464-3084
Fax: 464-9440
Jean LaPierre, secretary and contact, nshscdar@nshsc.ns.ca
www.nshsc.ns.ca

For children and adults with any speech, hearing, or language disorders.

Nova Scotia Hearing and Speech Centres—Halifax Community Centre
5657 Spring Garden Road
Park Lane Terraces, Suite 201, Box 112
Halifax, NS B3J 3R4
492-8201
Fax: 423-0981
Peggy MacMichael, secretary and contact, pmacmichael@nshsc.ns.ca
Katie Dempsey, secretary and contact, kdempsey@nshsc.ns.ca
www.nshsc.ns.ca

For children and adults with any speech, hearing, or language disorders.

Nova Scotia Hearing and Speech Centres—IWK
5850/5980 University Avenue
PO Box 3070
Halifax, NS B3J 3G9
470-8049
Fax: 470-7950
Barbara Touchette, secretary and contact, barbara.touchette@iwk.nshealth.ca
www.nshsc.ns.ca

For children with any speech, language, or hearing disorder.

Nova Scotia Hearing and Speech Centres—Lower Sackville
Cobequid Community Health Centre
40 Freer Lane
Lower Sackville, NS B4C 0A2
869-6150
Fax: 865-6067
Elaine Parsons, secretary and contact, elaine.parsons@cdha.nshealth.ca
www.nshsc.ns.ca

For children and adults with any speech, hearing, or language disorders.

Nova Scotia Hearing and Speech Centres—Musquodoboit Harbour
Twin Oaks/Birches Continuing Care Centre
7704 Highway #7
Musquodoboit Harbour, NS B0J 2L0
889-4117
Fax: 889-2470
nshscmh@nshsc.ns.ca
www.nshsc.ns.ca

For children and adults with any speech, hearing, or language disorders.

Nova Scotia Hearing and Speech Centres—Provincial Centre
5657 Spring Garden Road, Suite 401, Box 120
Halifax, NS B3J 3R4
423-7357
www.nshsc.ns.ca

Administration office.

Nova Scotia Hearing and Speech Centres—QEII Dickson Building
5820 University Avenue, 3rd Floor, Room 3084
Halifax, NS B3H 1V7
473-4349
Fax: 473-7313
Cindy Furey, secretary and contact,
cindy.furey@cdha.nshealth.ca
www.nshsc.ns.ca

For children and adults with any speech, hearing, or language disorders.

Nova Scotia Hearing and Speech Centres—QEII Halifax Infirmary
1796 Summer Street, 4th Floor, Room 4426
Halifax, NS B3H 3A7
473-1635
Fax: 473-1565
Barbara Whalen, secretary and contact,
barbara.whalen@cdha.nshealth.ca
www.nshsc.ns.ca

For children and adults with any speech, hearing, or language disorders.

Nova Scotia Hearing and Speech Centres—QEII Nova Scotia Rehabilitation Centre
1341 Summer Street, 4th Floor, Room 659
Halifax, NS B3H 4K4
473-1232
Fax: 473-7974
Melissa Furey, secretary and contact,
melissa.furey@cdha.nshealth.ca
www.nshsc.ns.ca

For children and adults with any speech, hearing, or language disorders.

Prescott Group
3430 Prescott Street
Halifax, NS B3K 4Y4
454-7387
Fax: 453-0275
info@prescottgroup.ca
www.prescottgroup.ca

Provides training and job opportunities to adults with intellectual challenges.

Provincial Autism Centre
1456 Brenton Street
Halifax, NS B3J 2K7
446-4995
1 (877) 544-4495 (toll free)
Fax: 446-4997
info@autismcentre.ns.ca
www.autismcentre.ns.ca

Provides information on autism spectrum disorders. For a yearly fee of $10, anyone throughout the province can receive resource books by mail on a temporary basis.

reachAbility
6389 Coburg Road, Suite 307
Halifax, NS B3H 2A5
429-5878
Fax: 429-5858
info@reachability.org
www.reachability.org

A non-profit organization in Nova Scotia that works to improve access to justice, equality, and human rights for people living with

disabilities and for those within their support system.

Society of Deaf and Hard of Hearing Nova Scotians
1657 Barrington Street, Suite 117
Halifax, NS B3J 2A1
422-7130 (voice, videophone, TTY)
Fax: 492-3864
1 (800) 516-5551 (toll free within Nova Scotia)
sdhhns@ns.sympatico.ca
www.sdhhns.org

Provides services to people who are deaf or hard of hearing, as well as hearing parents of children who are deaf.

Special Olympics Nova Scotia
5516 Spring Garden Road, Suite 305
Halifax, NS B3J 1G6
1 (866) 299-2019 (toll free)
Fax: 425-5606
www.sons.ca

Non-profit organization dedicated to providing year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability.

Spina Bifida and Hydrocephalus Association of Nova Scotia
PO Box 341
Coldbrook, NS B4R 1B6
679-1124
1 (800) 304-0450 (toll free)
Fax: 679-1433
spina.bifida@ns.sympatico.ca
www.sbhans.ca

Provides services to individuals with spina bifida and hydrocephalus and their families.

Other Informational Resources

Adopt—Assistance, Information, Support
www.adopting.org

American website with useful articles and information.

Adoption Council of Canada
1 (888) 542-3678 (toll free)
www.adoption.ca

Website with useful articles and information.

Adoptive Families Association of BC
www.bcadoption.com/default.asp

Website with useful articles and information

Association of Black Social Workers
6414 Coburg Road
Halifax, NS B3H 3J5
Wanda Thomas Bernard, president
wanda.bernard@dal.ca, 494-1190
www.nsasw.org: Follow the ABSW link.

Bayers/Westwood Family Resource Centre
3499 McAlpine Avenue
Halifax, NS B3L 3X8
454-9444
Fax: 454-0008
bayersfam@ns.sympatico.ca

Programming for parents with children up to six years of age.

Black Cultural Centre for Nova Scotia
1149 Main St
Dartmouth, NS B2Z 1A8
434-6223; Fax: 434-2306;
contact@bccns.com; www.bccns.com

Is dedicated to the preservation and promotion of Canadian Black Culture.

Caregivers Nova Scotia
7001 Mumford Road
Tower 1, Suite 105
Halifax, NS B3L 4N9
421-7390; Fax: 421-7338
info@caregiversns.org
www.caregiversns.org

Provides information and support to caregivers of those with disabilities and chronic illness.

Community Access Program—c@p
1 (800) 575-9200 (toll free)
http://cap.ic.gc.ca

Sites with free access to computers and the Internet.

Confederacy of Mainland Mi'kmaq
PO Box 1590
57 Martin Crescent
Truro, NS B2N 5V3
895-6385
Fax: 893-1520
www.cmmns.com

Dartmouth Family Centre—Albro Lake Road Location
107 Albro Lake Road
Dartmouth, NS B3A 3Y7
464-8234
Fax: 464-8232
www.godice.com/dfc

Parenting programs, playgroups, and social and respite opportunities.

Dartmouth Family Centre—Wentworth Street Location
47 Wentworth Street
Dartmouth, NS B2Y 2T1
464-2203
Fax: 464-2664
www.godice.com/dfc

Parenting programs, playgroups, and social and respite opportunities.

Dartmouth North Community Centre
134 Pinecrest Drive
Dartmouth, NS B3A 2J9
490-5900
Fax: 490-5905
Matt Maguire, recreation programmer, 490-4730, maguima@halifax.ca
dncc@dncc.ns.ca
www.dncc.ns.ca

Offers a wide variety of services, programs, and resources to the community, including recreation and leisure activities for children and youth. Has a library.

Extra Support for Parents (ESP through IWK Health Center)
5850/ 5980 University Avenue
PO Box 9700
Halifax, NS, B3K 6R8
470-7111
extrasupport@IWK.nshealth.ca

Esp volunteers provide help and support to families with newborns in

the Halifax area. Volunteers are matched with a family for approx. 3 months for 3 hours a week. Provide mothers with emotional support, adult company and hands on help with the children. Provide parenting information, help in getting to know Halifax/Dartmouth, or assistance in getting necessary services.

Federation of Foster Families of Nova Scotia
99 Wyse Road, Suite 350
Dartmouth, NS B3A 4S5
424-3071
1 (888) 845-1555 (toll free)
Fax: 424-5199
Carol Cole, administrative assistant—operations, colecf@gov.ns.ca
www.fosterfamilies.ns.ca

Provides support for foster families.

Findlay Community Centre
26 Elliott Street
Dartmouth, NS B2Y 2X7
490-4728
Fax: 490-4742
www.halifax.ca

Halifax & Region Military Family Resource Centre—Halifax Site
Windsor Park Building 106
Box 99000, Station Forces
Halifax, NS B3K 5X5
427-7780
1 (888) 753-8827 (toll free)
info@halifaxmfrc.ca
www.halifaxmfrc.ca

Multi-service resource centre for military families.

Halifax & Region Military Family Resource Centre—Shearwater Site
PO Box 298
Shearwater, NS B0J 3A0
720-1885
1 (888) 753-8827 (toll free)
Fax: 720-1943
www.halifaxmfrc.ca

Multi-service resource centre for military families.

Halifax Association for Community Living—Family Support
2557 Maynard Street
Halifax, NS B3K 3V6
463-4752
Fax: 463-5007
hacl@eastlink.ca
www.halifaxacl.com

Works with families who have a family member with an intellectual disability.

Halifax Public Libraries
Administration
60 Alderney Drive
Dartmouth, NS B2Y 4P8
490-5744
www.halifaxpubliclibraries.ca

Home of the Guardian Angel
3 Sylvia Avenue
Halifax, NS B3R 1J7
422-7964
Fax: 492-4547
hga@ns.aliantzinc.ca
www.homeoftheguardianangel.ca

Offers full range of adoption and post-placement services.

Kids Help Phone
3433 Dutch Village Road
Halifax, NS B3N 2S7
457-4779 (regional office)
1 (800) 668-6868 (toll-free helpline)
Fax: 457-1074
atlantic@kidshelpphone.ca
www.kidshelpphone.ca

Canada's only toll-free, 24-hour, bilingual, and anonymous phone and web counselling, referral, and information service for children and youth.

Mi'kmaq Child Development Centre
2161 Gottingen Street
PO Box 47012
Halifax, NS B3K 5Y2
422-7850
Fax: 422-6642
mcdcahs@eastlink.ca

Various programs and services for First Nations parents and children.

North American Council on Adoptable Children
www.nacac.org

Website with resources and articles of interest; American organization but with Canadian board members.

North End Parents Resource Centre
5475 Uniacke Street
Halifax, NS B3K 5V5
492-0133 or 492-0263
Fax: 492-4193
pep@ns.sympatico.ca

Various programs and services for families, primarily single moms and children ages 0 to 10 years.

Nova Scotia Association of Social Workers
Plaza 1881, 1891 Brunswick Street, Suite 106
Halifax, NS B3J 2G8
429-7799
Fax: 429-7650
nsasw@nsasw.org
www.nsasw.org

Promotes and regulates the practice of social work and helps its members to offer a high standard of service that respects diversity, promotes social justice, and enhances the worth, self-determination, and potential of individuals, families, and communities.

Nova Scotia Community Organization Network (NSNET)
PO Box 128
Waterville, NS B0P 1V0
538-3103, ext. 112
Fax: 538-7022
trc@nsnet.org
www.nsnet.org

Provides links to websites of Nova Scotian community organizations.

Nova Scotia Human Rights Commission
Joseph Howe Building
1690 Hollis Street, 6th Floor
PO Box 2221
Halifax, NS B3J 3C4
424-4111
Fax: 424-0596
hrcinquiries@gov.ns.ca
www.gov.ns.ca/humanrights

Addresses complaints of discrimination and provides cultural diversity training.

Nova Scotia League for Equal Opportunities
5251 Duke Street, Suite 1211
Halifax, NS B3J 1P3
455-6942
1 (866) 696-7536 (toll free)
Fax: 454-4781
nsleo@eastlink.ca
www.novascotialeo.org

Advocacy organization working on behalf of people with disabilities.

Nova Scotia Youth Help Line
5670 Spring Garden Road
Halifax, NS B3J 1H6
420-8336 (24-hour crisis line)
1 (800) 420-8336 (toll-free, 24-hour crisis line)
Fax: 423-3240

Peer counselling nightly from 6 pm to 10 pm. Open 24 hours for emergencies.

Parent'n Tot Meeting Place: A Family Resource Centre
3524 Dutch Village Road
Halifax, NS B3N 2S1
443-9569
Fax: 431-2000
parentntot@hfx.eastlink.ca
www.parentntot.com

Offers programs for parents, children, and parents and children together. Open from 9 am to 4 pm.

Parents and Children Together Resource Centre
1114 Cole Harbour Road
Dartmouth, NS B2V 1E7
434-8952
Fax: 434-1942
staff@parentsandchildrentogether.info
www.parentsandchildrentogether.info

Offers programs, workshops, and activities for parents, expectant parents, caregivers, and children of all ages.

Passport Canada—Halifax Office
1505 Barrington Street, Suite 1508
Halifax, NS B3J 3K5
1 (800) 567-6868 (toll free)
Fax: 426-4620

PFLAG (Parents, Families and Friends of Lesbians and Gays)
1633 Mountain Road, Box 29211
Moncton, NB E1G 4R3
English: 1 (888) 530-6777 (toll free)
French Support Line:
1 (888) 530-6483 (toll free)
(506) 869-8191
Fax: (506) 387-8349
execdirector@pflagcanada.ca.

PFLAG Canada is Canada's only national organization that helps all Canadians who are struggling with issues of sexual orientation and gender identity. PFLAG Canada supports, educates and provides resources to parents, families, friends and colleagues with questions or concerns, 24 hours a day, 7 days a week.

St. Paul's Family Resources Institute
173 Old Sambro Road
Halifax, NS B3R 2H6
479-1015
477-5090 (food bank line)
Fax: 477-5206

Offers a c@p site, food bank, collective kitchen, community garden, and referral service.

St. John Ambulance—Main Branch
88 Slayter Street
Dartmouth, NS B3A 2A6
463-5646
1 (800) 565-5056 (toll free)
Fax: 469-9609
info@stjohnambulance.ns.ca
www.sja.ca
www.sja.ca/ns

Provides first aid training.

Single Parent Centre
3 Sylvia Avenue
Halifax, Nova Scotia B3R 1J7
479-3031
Fax: 477-2257
single-parent@ns.sympatico.ca

Provides a wide range of programs and services, including parenting support, community kitchen, and family literacy programs.

EASTERN REGION

Advocacy

Accessible Nova Scotia
1 (866) 696-7536 (toll free)
info@accessiblens.ca
www.accessiblens.ca

A group of individuals, businesses, government representatives, and organizations who share a common vision of Nova Scotia as an accessible destination for both residents and visitors.

Deafness Advocacy Association of Nova Scotia
1660 Hollis Street, Suite 803
Halifax, NS B3J 1V7
425-0240
TTY/videophone: 425-0119
Fax: 429-9312
daans@ns.sympatico.ca

Promotes rights, needs, and equal access for deaf and hard of hearing Nova Scotians.

Early Intervention Nova Scotia—Partnerships for Inclusion
95 College Street, Suite 203
Antigonish, NS B2G 1X6
863-3556
Carolyn Webber, project manager, 863-6958
partnerships@ns.aliantzinc.ca
www.earlyintervention.net: Click "Resources" tab on top menu and then scroll down to "Partnerships for Inclusion Program" section.

Project devoted to including more children with special needs in child-care centres through a quality enhancement process.

Equal Education Association of Nova Scotia
860-1759
info@eeans.com
www.eeans.com

Non-profit association that advocates educational rights on behalf of all children with learning disabilities in Nova Scotia.

Nova Scotia Disabled Persons Commission
Dartmouth Professional Centre
277 Pleasant Street, Suite 104
Dartmouth, NS B2Y 4B7
424-8280
1 (800) 565-8280 (toll free within Nova Scotia)
www.gov.ns.ca/disa

Gives people with disabilities a way to participate in the provincial government policy-making process, and advises policy-makers and program-developers about the needs of people with disabilities and the issues and concerns that affect the lives of people with disabilities.

SpeciaLink: The National Centre for Child Care Inclusion
76 Cottage Road
PO Box 775
Sydney, NS B1P 6G9
562-1662
1 (866) 902-6333 (toll free)
Fax: 539-9117
www.specialinkcanada.org

Increases quality and quantity of opportunities for young children with disabilities to fully participate in community programs.

Child Development

Allkids Services
Early Intervention Program
15 Second Street
Glace Bay, NS B1A 4E9
849-3429
Fax: 842-0655
allkids@ns.sympatico.ca
www.nsnet.org/glacebay/

Services for children who are developmentally delayed or at risk of delay. Ages zero to six years.

Cape Breton Family Place Resource Centre
106 Townsend Street
Sydney, NS B1P 5E1
562-5616
Fax: 562-8528

Offers support services to families during the prenatal period. Services continue with children from birth to six years.

Child Care Connection Nova Scotia
1200 Tower Road, Suite 100
Halifax, NS B3H 4K6
423-8199
1 (800) 565-8199 (toll free)
Fax: 492-8106
info@cccns.org
www.cccns.org

Resource library and referrals based on specific child-care issues. Website allows search of facilities by region.

Harbourview Montessori
290 Murphy Road
Sydney, NS B1R 1W8
Mailing address: 69 Kenwood Drive
Sydney, NS B1S 1T7
539-8884
Fax: 539-8884
admin@harbourviewmontessori.ca
www.harbourviewmontessori.ca

Children's House program for ages three to six years. Elementary education for ages 6 to 12 years.

Inverness Richmond Early Intervention Program
609 Church Street, Suite 107
Port Hawkesbury, NS B9A 2X4
625-0396
ireip@ns.sympatico.ca
www.nsnet.org/ireip

Offers services for children from birth to school age who are developmentally delayed or at risk of delay.

La Centre préscolaire de La Picasse
3435 Route 206
Petit de Grat, NS B0E 2L0
226-3319
Fax: 226-0549
Alvina Berthier, directrice-éducatrice, prescolaire@lapicasse.ca

French-language day-care centre.

Richmond County Early Childhood Education Association—St. Peter's branch
9366 Pepperall Street
PO Box 88
St. Peter's, NS B0E 3B0
535-3446

Services for children who are developmentally delayed or at risk of delay.

St. Peter's/Isle Madame Daycare Centre Administration Office
3250 Highway #320
PO Box 494
D'Escousse, NS B0E 1K0
226-2481

St. Peter's Early Childhood Education Centre
9366 Pepperall Street
St. Peter's, NS B0E 3B0
535-3446

Isle Madame Daycare Centre
3250 Highway #320
D'Escousse, NS B0E 1K0
226-0399

Provides subsidized spaces.

Sydney Day Care Centre
62 Cottage Road
Sydney, NS B1P 2C7
539-5965

Child care for ages 18 months to 12 years.

Town Daycare Centre
15 Second Street
Glace Bay, NS B1A 4E9
849-6086
Fax: 842-0655

Integrated day-care facility.

Education

APSEA (Atlantic Provinces Special Education Authority)
5940 South Street
Halifax, NS B3H 1S6
424-8500
Fax: 424-0543
www.apsea.ca

Serves children and youth who are deaf, hard of hearing, deafblind, blind, or visually impaired.

APSEA—Services for students who are blind or visually impaired.
John McConnell, director, mcconnellj@apsea.ca

APSEA—Services for students who are deaf or hard of hearing.
Joan Skinner, director, skinnerj@apsea.ca

Cape Breton-Victoria Regional School Board
275 George Street
Sydney, NS B1P 1J7
564-8293
Fax: 564-0123
www.cbv.ns.ca

Conseil Scolaire Acadien Provincial—Acadian Provincial School Board
CP 88
Saulnierville, NE B0W 2Z0
9248 Route 1, La Butte
Meteghan River, NE B0W 2L0
769-5458
1 (888) 533-2727 (toll free)
Fax: 769-5459
www.csap.ednet.ns.ca

School board responsible for administration of French Acadian schools in the province.

Equal Education Association of Nova Scotia
860-1759
info@eeans.com
www.eeans.com

Non-profit association that advocates educational rights on behalf of all children with learning disabilities in Nova Scotia.

Strait Regional School Board
16 Cemetery Road
Post Hastings, NS B9A 1K6
625-2191
1 (800) 650-4448
Fax: 625-2281
srsb@strait.ednet.ns.ca
www.strait.ednet.ns.ca

Financial Services

Canada Revenue Agency—Sydney District Office
47 Dorchester Street
PO Box 1300
Sydney, NS B1P 6K3
1 (800) 387-1193 (toll free)
Fax: 564-3095
www.cra-arc.gc.ca

Provides information on child and family tax benefits.

Nova Scotia Department of Community Services—Income Assistance
PO Box 2561
Halifax, NS B3J 3N5
1 (877) 424-1177 (toll free)
424-4150
Fax: 424-0578
www.gov.ns.ca/coms: Select "Employment Support & Financial Assistance" and then "Income Assistance" from the Programs section.

Provides income assistance to those in need.

Government Agencies and Departments

Access Nova Scotia—Port Hawkesbury
Service Nova Scotia and Municipal Relations
Provincial Building
218 MacSween Street, Suite 22
Port Hawkesbury, NS B9A 2J9

1 (800) 670-4357 (toll free)
askus@gov.ns.ca
www.gov.ns.ca/snsmr

Provides hands-on information, forms, applications, and various services, which vary from centre to centre.

Cape Breton Regional Municipality
320 Esplanade Street
Sydney, NS B1P 7B9
563-5005
Fax: 564-0481
www.cbrm.ns.ca

Children's Aid Society of Cape Breton—Victoria
Provincial Building
360 Prince Street, Suite 31
Sydney, NS B1P 5L1
563-3400
Fax: 563-3660

Children's Aid Society of Inverness-Richmond
218 MacSween Street, Unit 3
Port Hawkesbury, NS B9A 2J9
625-0660
Fax: 625-4021
www.gov.ns.ca

Indian and Northern Affairs, Adoption Team
Indian Registration and Band List
Department of Indian and Northern Development
Ottawa, Ontario K1A 0H4
1 (800) 567-9604 or 1 (819) 953-0960
infopubs@ainc-inac.gc.ca

Adoptees wishing to apply for native status must write to the above address.

Mi'kmaq Family & Children's Services of Nova Scotia
76 Logan Drive
PO Box 7142
Eskasoni, NS B1W 1A2
379-2433
1 (800) 263-8300 (toll free)
Fax: 379-2381

Municipality of the County of Inverness
PO Box 179
Municipal Building
375 Main Street
Port Hood, NS B0E 2W0
787-2274
Fax: 787-3110
Kate Beaton, chief administrative officer, kate.beaton@invernesscounty.ca
www.invernesscounty.ca

Nova Scotia Department of Community Services—Adoption Disclosure Service Program
PO Box 696
Halifax, NS B3J 2T7
424-2755
Fax: 424-7529
www.gov.ns.ca/coms: Select "Support for Children, Youth & Families," then "Adoption," and then "Adoption Disclosure."

Maintains a Passive Adoption Registry and conducts searches for adoptees and birth families. Assists with issues related to Adoption Information Act.

Nova Scotia Department of Community Services—Direct Family Support
5675 Spring Garden Road
PO Box 696
Halifax, NS B3J 2T7
424-0932
Fax: 424-0708
www.gov.ns.ca/coms/disabilities/

Provides support and services to both children and adults with disabilities who live at home with their families.

Nova Scotia Department of Community Services—Eastern Regional Office
Provincial Building
360 Prince Street, Suite 25
Sydney, NS B1P 5L1
563-3302
Fax: 563-5693
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Family and Community Supports Division
Nelson Place
5675 Spring Garden Road, 5th Floor
PO Box 696
Halifax, NS B3J 2T7
1 (866) 259-7780 (toll-free number for Nova Scotia Adoption Information Line)
424-4279
Fax: 424-0708
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Glace Bay District Office
Senator's Place, 3rd Floor
633 Main Street
Glace Bay, NS B1A 6J3
842-4000
Fax: 842-4067
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—North Sydney District Office
Parsons Building
184 Commercial Street
North Sydney, NS B2A 3Y7
794-5110
Fax: 794-5171
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Port Hawkesbury District Office
Provincial Building
218 MacSween Street, Unit 3
Port Hawkesbury, NS B9A 2J9
625-0660
Fax: 625-4021
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Sydney District Office
Provincial Building
360 Prince Street, Suite 25
Sydney, NS B1P 5L1
563-3300
Fax: 563-0516
www.gov.ns.ca/coms

Nova Scotia Dept of Community Services—Regional Resources, Eastern Region
360 Prince Street, Suite 25
Sydney, NS B1P 5L1
563-5736
macdoaj@gov.ns.ca

Using PRIDE core in-service Modules, the program provides competency based training to foster and adoptive resource families designed to strengthen foster and adoptive care. PRIDE Core builds upon competencies learned in PRIDE Pre-service training. For more info on Module descriptions, topics, key concepts, and registration please visit www.gov.ns.ca/coms/families/fostercare/ ; PRIDE training schedule.

Nova Scotia Office of the Ombudsman
5670 Spring Garden Road, Suite 700
PO Box 2152
Halifax, NS B3J 3B7
424-6780
1 (800) 670-1111 (toll free)
Fax: 424-6675
ombudsman@gov.ns.ca
www.gov.ns.ca/ombu

Handles complaints against provincial and municipal government agencies and departments.

Richmond County
2357 Highway #206
PO Box 120
Arichat, NS B0E 1A0
226-2400
Fax: 226-1510
www.richmondcounty.ca

Service Canada Call Centre
1 (800) O CANADA (622-6232)
(toll free)
TTY: 1 (800) 926-9105 (toll free)
Fax: (613) 941-1827
www.canada.ca

Primary access point to find information on federal government services.

Service Canada—Glace Bay Office
Senator's Place
633 Main Street, Suite 101
Glace Bay, NS B1A 6J3
842-2414
TTY: 1 (800) 537-9573 (toll free)
Fax: 842-2655
EI Fax: 564-7837
www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Inverness Office
15926 Central Avenue
PO Box 520
Inverness, NS B0E 1N0
258-2301
TTY: 1 (800) 537-9573 (toll free)
Fax: 258-3036
www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—North Sydney Office
105 King Street
North Sydney, NS B2A 3S1
794-5715
TTY: 1 (800) 537-9573 (toll free)

Fax: 794-5724
www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Port Hawkesbury Office
Shediac Shopping Centre
811 Reeves Street, Unit 8
Port Hawkesbury, NS B9A 2S4
625-4115
TTY: 1 (800) 537-9573 (toll free)
Fax: 625-4137
www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Sydney Office
15 Dorchester Street
PO Box 850
Sydney, NS B1P 6J3
564-2570
TTY: 1 (800) 537-9573 (toll free)
Fax: 564-7104

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Nova Scotia and Municipal Relations—Public Enquiries
Mailroom, 8 South, Maritime Centre
1505 Barrington Street
Halifax, NS B3J 3K5
424-5200
1 (800) 670-4357 (toll free)
Fax: 424-0720
askus@gov.ns.ca
www.gov.ns.ca/snsmr/secure/contact/Default.asp?bhcp=1

Information on provincial government programs, policies, and initiatives.

Town of Mulgrave
457 MacLeod Street
PO Box 129
Mulgrave, NS B0E 2G0
747-2243
Fax: 747-2585
www.townofmulgrave.ca

Town of Port Hawkesbury
606 Reeves Street, Unit 1
Port Hawkesbury, NS B9A 2R7
625-0116
Fax: 625-0040
www.townofporthawkesbury.ca

Victoria County
495 Chebucto Street
PO Box 370
Baddeck, NS B0E 1B0
295-3659
Fax: 295-3331
www.countyvictoria.ns.ca

Village of St. Peter's
60 Deny Street
PO Box 452
St. Peter's, NS B0E 3B0
535-2155
Fax: 535-2330

International Services

Children of Choice Consulting
7071 Bayer's Road, Suite 325
Halifax, NS B3L 2C2
422-9881
Mary Miller, social work practitioner,
mfmiller@ns.sympatico.ca

Specializes in international adoptions.

Citizenship and Immigration Canada—Canada Immigration Centre
International Adoption Information
1 (888) 242-2100 (toll free)
TTY: 1 (888) 576-8502 (toll free)
www.cic.gc.ca: Enter into language of choice and then click on "International Adoption" under "Visas and Immigration."

Families with Children from China —Nova Scotia
Karn Nichols or Judy Anderson
479-2442
fccns@eastlink.ca

Volunteer organization that arranges activities to celebrate major Chinese holidays and runs a Chinese culture program for those who have adopted children from China or other Asian countries, or are in the process of doing so.

Family Foundations Consulting
P.O. Box 28042
Dartmouth, NS B2W 6E2
456-5053
also Port Hood Office
Donelda MacDonald, social work practitioner

Provides post placement reports and post-adoption support with respect to adjustment and attachment issues.

Multicultural Association of Nova Scotia
1113 Marginal Road
Halifax, NS B3H 4P7
423-6534
Fax: 422-0881
admin@mans.ns.ca
www.mans.ns.ca

Information and advocacy for multicultural groups within Nova Scotia.

Nova Scotia Human Rights Commission—Sydney Office
Provincial Building
360 Prince Street
Sydney, NS B1P 5L1
563-2140
1 (877) 269-7699 (toll free)
TTY: 424-3139
Fax: 563-5613
hrcinquiries@gov.ns.ca
www.gov.ns.ca/humanrights

Addresses complaints of discrimination and provides cultural diversity training.

Legal Services

Legal Information Society of Nova Scotia
Lawyer Referral Service—
Dial-A-Law—Legal Info Line
5523B Young Street
Halifax, NS B3K 1Z7
455-3135 (legal information and lawyer referral service)
1 (800) 665-9779 (toll-free number for the above services)
454-2198 (administration, publications, and projects)
420-1888 (Dial-A-Law)
Fax: 455-3105
lisns@legalinfo.org
www.legalinfo.org

Services for people looking for lawyers or legal information in specific areas of law.

Nova Scotia Barristers' Society
Centennial Building
1645 Granville Street, Suite 1101
Halifax, NS B3J 1X3
422-1491
Fax: 429-4869
www.nsbs.org

Handles complaints against lawyers, and provides information to the public.

Nova Scotia Legal Aid Commission—Head Office
Office of the Executive Director
137 Chain Lake Drive, Suite 102
Halifax, NS B3S 1B3
420-6578
1 (877) 420-6578 (toll free)
Fax: 420-3471
nsla.exec@ns.sympatico.ca

Nova Scotia Legal Aid—Sydney
Commerce Tower
15 Dorchester Street, 4th Floor
PO Box 1373
Sydney, NS B1P 6K3
563-2295
1 (877) 563-2295 (toll free)
Fax: 539-0489

Provides legal assistance to those who qualify.

Port Hawkesbury Justice Centre
15 Kennedy Street, Suite 201
Port Hawkesbury, NS B9A 2Y1
625-4793
Fax: 625-4084
www.courts.ns.ca

Family Court.

Sydney Justice Centre
Harbour Place
136 Charlotte Street, Suite 6
Sydney, NS B1P 1C3
563-3510
Fax: 563-3421
www.courts.ns.ca

Family Court.

Mental Health

Canadian Mental Health Association—Cape Breton Branch
1482 George Street
Sydney, NS B1P 1P3
567-7735
Fax: 567-7905

cmhacbrh@cbdha.nshealth.ca
www.cmha.ca: Select "CMHA Locations" and then "Nova Scotia."

Mental health promotion agency. Does not offer counselling services.

Cape Breton District Health Authority Mental Health Services—Baddeck (Child and Adolescent Clinician)
Victoria County Memorial Hospital
30 Old Margaree Road
PO Box 220
Baddeck, NS B0E 1B0
567-7731
www.cbdha.nshealth.ca: Select "Mental Health Services" from menu on left.

Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.

Cape Breton District Health Authority Mental Health Services—Child and Adolescent Services
Cape Breton Regional Hospital, main level
1482 George Street
Sydney, NS B1P 1P3
567-7731
www.cbdha.nshealth.ca: Select "Mental Health Services" from menu on left.

Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.

Cape Breton District Health Authority Mental Health Services—Glace Bay Clinic
121 Union Street
Glace Bay, NS B1A 2P8
849-4413
www.cbdha.nshealth.ca: Select "Mental Health Services" from menu on left.

Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.

Cape Breton District Health Authority Mental Health Services—Inverness Mental Health Clinic
Inverness Consolidated Memorial Hospital
39 James Street
PO Box 610
Inverness, NS B0E 1N0
258-1911
www.cbdha.nshealth.ca: Select "Mental Health Services" from menu on left.

Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services. Satellite services available for Cheticamp.

Cape Breton District Health Authority Mental Health Services—Neil's Harbour (Child and Adolescent Clinician)
Buchanan Memorial Community Health Centre

32610 Cabot Trail
Neil's Harbour, NS B0C 1N0
567-7731
www.cbdha.nshealth.ca: Select "Mental Health Services" from menu on left.

Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.

Cape Breton District Health Authority Mental Health Services—New Waterford Clinic
New Waterford Consolidated Hospital
716 King Street
New Waterford, NS B1H 3Z5
862-7195
www.cbdha.nshealth.ca: Select "Mental Health Services" from menu on left.

Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.

Cape Breton District Health Authority Mental Health Services—North Sydney Clinic
Northside General Hospital
520 Purves Street
PO Box 399
North Sydney, NS B2A 3M4
794-8551
www.cbdha.nshealth.ca: Select "Mental Health Services" from menu on left.

Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.

Cape Breton District Health Authority Mental Health Services—Sydney Mental Health Clinic
Cape Breton Regional Hospital
1482 George Street
Sydney, NS B1P 1P3
567-7730
www.cbdha.nshealth.ca: Select "Mental Health Services" from menu on left.

Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.

Physical Health

Brain Tumour Foundation of Canada
620 Colborne Street, Suite 301
London, ON N6B 3R9
1 (519) 642-7755
1 (800) 265-5106 (toll free)
Fax: 1 (519) 642-7192
braintumour@braintumour.ca
www.braintumour.ca

Brain tumour support group.

Buchanan Memorial Community Health Centre
32610 Cabot Trail
Neil's Harbour, NS B0C 1N0

336-2200 (switchboard)
Fax: 336-2399
www.cbdha.nshealth.ca: Click on "Hospitals/Facilities" from the menu on the left side and then select the name of the hospital.

Contains emergency department.

Cape Breton Chest Clinic
Cape Breton Regional Hospital
1482 George Street
Sydney, NS B1P 1P3
567-7866

Referral required.

Cape Breton Regional Hospital
1482 George Street
Sydney, NS B1P 1P3
567-8000
Fax: 567-7921
www.cbdha.nshealth.ca: Select "Hospitals/Facilities" from the menu on the left side and then select the name of the hospital.

Contains emergency department.

Capital Health—QEII Health Sciences Centre
Halifax Infirmary Building
1796 Summer Street
Halifax, NS B3H 3A7
473-2700
www.cdha.nshealth.ca: Select "Hospitals/Health Centres" on left menu and then "Queen Elizabeth II Health Sciences Centre."

The largest health sciences centre in Atlantic Canada.

Directory of Family Physicians Accepting New Patients
www.gov.ns.ca/health/physicians/physicians.asp
424-3047

Directory of French Speaking Primary Health Care Providers
www.gov.ns.ca/health/frhcp/

Doctors Nova Scotia
25 Spectacle Lake Drive
Dartmouth, NS B3B 1X7
468-1866
Fax: 468-6578
inquiries@doctorsns.com
www.doctorsns.com

Professional association of Nova Scotia's doctors.

Glace Bay Health Care Facility
300 South Street
Glace Bay, NS B1A 1W5
849-5511
Fax: 842-2851
www.cbdha.nshealth.ca: Select "Hospitals/Facilities" from the menu on the left side and then select the name of the hospital.

Health Canada
Maritime Centre
1505 Barrington Street, Suite 1525
Halifax, NS B3J 3Y6
426-2038
1 (866) 225-0709 (toll-free general inquiry line)
Fax: 426-3768
info@hc-sc.gc.ca
www.hc-sc.gc.ca

Deals with any matter within the jurisdiction of Health Canada.

Health Promotion Clearinghouse—Nova Scotia
City Centre Atlantic
1535 Dresden Row, Suite 209
Halifax, NS B3J 3T1
494-1917
1 (877) 890-5094 (toll free)
Fax: 494-3594
Caroline Ploem, manager,
hpc@dal.ca
www.hpclearinghouse.ca

Links people and organizations involved in health promotion in Nova Scotia to community resources and expertise.

Inverness Consolidated Memorial Hospital
39 James Street
PO Box 610
Inverness, NS B0E 1N0
258-2100
Fax: 258-3025
www.cbdha.nshealth.ca: Select "Hospitals/Facilities" from the menu on the left side and then select the name of the hospital.

IWK Health Centre
5850/5980 University Avenue
PO Box 9700
Halifax, NS B3K 6R8
470-8888 (switchboard)
Fax: 470-6790
feedback@iwk.nshealth.ca (general inquiries only)
www.iwk.nshealth.ca

Provides care to children, youth, women, and families.

IWK Health Centre—Child Safety Link
5850/5980 University Avenue
PO Box 9700
Halifax, NS B3K 6R8
470-6496
1 (866) 288-1388
(toll free outside Halifax)
Fax: 470-6774
childsafetylink@iwk.nshealth.ca
www.childsafetylink.ca

Poison prevention information and other injury prevention information.

IWK Regional Poison Centre
5850 University Avenue
PO Box 9700
Halifax, NS B3K 6R8
FOR ALL POISON EMERGENCIES, DIAL 911 AND ASK TO SPEAK TO THE POISON CENTRE.
470-8161 (Halifax-only emergency line)
1 (800) 565-8161 (toll-free emergency line for rest of Nova Scotia)
Fax: 470-7213

Toll-free, 24-hour poison information service.

Lung Association of Nova Scotia—Asthma Action Helpline
1 (800) 668-7682 (toll free in Nova Scotia)
info@ns.lung.ca

A toll-free helpline. Certified asthma educators are available weekdays during business hours to answer questions and provide advice on asthma.

Lung Association of Nova Scotia Provincial Office
6331 Lady Hammond Road
Halifax, NS B3K 2S2
443-8141
Fax: 445-2573
info@ns.lung.ca
www.ns.lung.ca

Telephone service for people with asthma. Provides information. Not an emergency number.

Medical Services Insurance (MSI)
Physical location: 230 Brownlow Ave
Dartmouth, NS
Mailing address: PO Box 500
Halifax, NS B3J 2S1
496-7008
1 (800) 563-8880
Fax: 481-3160 (registration)
msienquiry@medavie.bluecross.ca
www.gov.ns.ca/health/msi.htm

Provides eligible residents with coverage for medically required health services.

New Waterford Consolidated Hospital
716 King Street
New Waterford, NS B1H 3Z5
862-6411
Fax: 862-8277
www.cbdha.nshealth.ca: Select "Hospital/Facility" from the menu on the left side and then select the name of the hospital.

Contains emergency department.

Northside General Hospital
520 Purves Street
PO Box 399
North Sydney, NS B2A 3M4
794-8521
Fax: 794-3355
www.cbdha.nshealth.ca: Select "Hospital/Facility" from the menu on the left side and then select the name of the hospital.

Nova Scotia Department of Health
PO Box 488
Halifax, NS B3J 2R8
424-5818
1 (800) 387-6665 (toll free)
Fax: 424-0730
dohweb@gov.ns.ca
www.gov.ns.ca/health

Nova Scotia Rehabilitation Centre
1341 Summer Street
Halifax, NS B3H 1K1
473-2700 (main switchboard to all hospitals; you will have to tell the operator which department or doctor you wish to speak with)
www.cdha.nshealth.ca: Click "Hospitals/Health Centres" on left, then "Queen Elizabeth II Health Sciences Centre." Click "Nova Scotia Rehabilitation Centre" under "Victoria General site buildings" on right side of centre of page.

Cross-disability rehabilitation facility.

Ronald McDonald House Atlantic Canada
Friends of Children (Atlantic) Association

1133 Tower Road
Halifax, NS B3H 2Y7
429-4044
Fax: 429-8650
info@rmhatlantic.ca
www.rmhatlantic.ca

Sacred Heart Community Health Centre
15102 Cabot Trail
PO Box 129
Cheticamp, NS B0E 1H0
224-1500
Fax: 224-2903
www.cbdha.nshealth.ca: Select "Hospital/Facility" from the menu on the left side and then select the name of the hospital.

Contains emergency department.

Strait Richmond Hospital
138 Hospital Road
Evanston, NS B0E 1J0
625-3100
Fax: 625-3804
Andrea Boyd-White, facility manager, andrea.boyd-white@gasha.nshealth.ns.ca
www.erhb.ns.ca/facilities/strait_richmond/default.htm

Victoria County Memorial Hospital
30 Old Margaree Road
PO Box 220
Baddeck, NS B0E 1B0
295-2112
Fax: 295-3432
www.cbdha.nshealth.ca: Select "Hospital/Facility" from the menu on the left side and then select the name of the hospital.

Psychological Services

Association of Psychologists of Nova Scotia
1657 Barrington Street, Suite 417
Halifax, NS B3J 2A1
422-9183
Fax: 462-9801
apns@apns.ca
www.apns.ca

Provides a directory of psychologists registered with the association, as well as a guide to choosing a psychologist. Psychologists cannot be reached directly through this phone number or email address; the association provides referrals to private practice psychologists.

Dr. John Gainer and Associates
207 Alexandra Street
Sydney, NS B1S 2E8
539-1235
Fax: 567-7926
jgainer@ns.sympatico.ca

Provides psychological services.

Dr. Reginald Landry
25 Charlotte Street
Sydney, NS B1P 1B5
564-4477
Fax: 539-0567
www.cbpsychology.net

Treats children with autism or neurodevelopmental disorders.

Kerstin Schauss
Reclaim Therapy and Counseling
Physical location: 37 Water Street
Pictou, NS

Mailing Address: 1023 Meadowville Road, Scotsburn, NS B0K 1R0
485-1735

Provides Theraplay, Children and Adolescents Counselling, Individual Therapy, Parent-Child Therapy, Family and Marital Counselling. Common areas addressed in therapy are attachment, anxiety, depression, grief, parenting, trauma, divorce, behaviour problems of children.

Recreation Services

Bayplex Recreation Centre
151 Lower North Street
Glace Bay, NS B1A 6B4
849-6066
Fax: 842-9232
www.bayplex.ca

Offers recreation programs and activities.

Big Brothers Big Sisters of Cape Breton County
700 Victoria Road
Sydney, NS B1P 5E1
564-5437
Fax: 564-9971
mentoring4kids@aol.com
www.bbbscbc.com

Provides the opportunity for a one-to-one relationship between children and adult volunteers. The aim is to enhance the development and sense of self-worth of children who are primarily from single-parent families. Carefully screened adult volunteers are matched with children who are in need of leadership, guidance, friendship, or role modelling. In-school mentor program as well.

Boys and Girls Clubs of Canada—National Office
7100 Woodbine Avenue, Suite 204
Markham, ON L3R 5J2
1 (905) 477-7272
Fax: 1 (905) 477-2056
info@bgccan.com
www.bgccan.com: Select "Find a Club" to find a club in your area, and click "Go." Clubs available in Dartmouth, Cole Harbour, Preston, Spryfield, Sackville, Truro/Colchester, and Yarmouth.

Boys and Girls Clubs of Nova Scotia
287 Lacewood Drive, Unit 103
PO Box 303
Halifax, NS B3M 3Y7
895-0358
sabs@tru.eastlink.ca

Centennial Complex
320 Esplanade
Sydney, NS B1P 7B9
563-5535
Fax: 564-0481
www.cbrm.ns.ca: Select "A Quick Link" on top right corner of page and choose "Facilities" from dropdown menu.

Note that the arena is physically located at 205 Hospital Street.

Centre 200
481 George Street
PO Box 1510
Sydney, NS B1P 6R7
564-2200
Fax: 539-4598
www.centre200.ca

Multipurpose convention and recreation centre.

County Arena
320 Esplanade
Sydney, NS B1P 7B9
562-6728
www.cbrm.ns.ca: Select "A Quick Link" on top right corner of page, select "Facilities," and then scroll down to arena site.

Note that the arena is physically located at 305 Keltic Drive in Coxheath.

Dominion District Community Centre
142 Kings Road
Dominion, NS B1G 1H6
849-6933
Fax: 849-6983
www.cbrm.ns.ca: Select "A Quick Link" on top right corner of page, select "Facilities," and then scroll down to arena site.

Sports facility.

Eskasoni Recreation Centre
26 Arena Road
Eskasoni, NS B1W 1A1
379-2344
www.cbrm.ns.ca: Select "A Quick Link" on top right corner of page, select "Facilities," and then scroll down to arena site.

Recreational centre for First Nations people.

Girl Guides of Canada—Nova Scotia Council
423-3735
1 (800) 565-8111 (toll free)
Fax: 423-5347
ggcns@girlguides.ns.ca
www.girlguides.ns.ca

Activities for girls ages 5 to 17 years, as well as women ages 18 and over.

New Waterford & District Community Centre
Victoria Avenue
PO Box 146
New Waterford, NS B1H 4K4
862-6031
www.cbrm.ns.ca: Select "A Quick Link" on top right corner of page, select "Facilities," and then scroll down to arena site.

Parks Canada—Atlantic Service Centre
1869 Upper Water Street, 2nd Floor,
Pontac House
Halifax, NS B3J 1S9
426-9805
Fax: 426-7012
www.pc.gc.ca

Parks Canada—National Office
25 Eddy Street
Gatineau, QC K1A 0M5
1 (888) 773-8888 (toll free)

information@pc.gc.ca
www.pc.gc.ca

Oversees all national parks in Canada.

Recreation Nova Scotia
5516 Spring Garden Road, Suite 309
Halifax, NS B3J 1G6
425-1128
Fax: 422-8201
info@recreationns.ns.ca
www.recreationns.ns.ca

Advocates on behalf of all Nova Scotians for high-quality recreation and leisure opportunities.

Scouts Canada
84 Thorne Ave
Dartmouth, NS B3B 1Y5
423-9227
1 (800) 557-7268 (toll free)
Fax: 423-7989
nsoffice@scouts.ca
www.ns.scouts.ca

Educational and recreation programs for youth.

Sport Nova Scotia
5516 Spring Garden Road, 4th Floor
Halifax, NS B3J 1G6
425-5450
Fax: 425-5606
sportns@sportnovascotia.ca
www.sportnovascotia.ca

Promotes the benefits of health, personal development, and achievement for all participants. Works to increase public awareness of the benefits of amateur sport.

Whitney Pier Youth Club
111 West Street
PO Box 806
Sydney, NS B1P 6J1
567-0240
Fax: 567-0853
wpyc@ns.sympatico.ca
www.whitneypieryouthclub.ca

Non-profit youth club with non-structured and structured programs for all ages.

YMCA of Cape Breton—Port Hawkesbury
606 Reeves Street
Port Hawkesbury, NS B9A 2R7
625-4600
1 (866) 562-9622 (toll free)
Fax: 625-0083
www.cbymca.com

Provides a range of recreational activities.

YMCA of Cape Breton—Sydney
399 Charlotte Street
Sydney, NS B1P 1E3
562-9622
1 (866) 562-9622 (toll free)
www.cbymca.com

Provides a range of recreational activities.

Special Needs

Abilities Foundation of Nova Scotia
3670 Kempt Road
Halifax, NS B3K 4X8
453-6000
Fax: 454-6121

admin@abilitiesfoundation.ns.ca
www.abilitiesfoundation.ns.ca

Services for children and adults who have physical disabilities. Offers Camp Tidnish for children ages eight years and older.

Accessible Nova Scotia
1 (866) 696-7536 (toll free)
info@accessiblens.ca
www.accessiblens.ca

A group of individuals, businesses, government representatives, and organizations who share a common vision of Nova Scotia as an accessible destination for both residents and visitors.

Aliant—Special Needs Services
PO Box 880
Halifax, NS B3J 2W3
1 (800) 694-9313 (toll-free number to request special equipment and inquire about pick-up locations)
1 (800) 267-6511 (toll-free number for Aliant Relay Service; allows TTY users to communicate over the Public Switched Telephone Network)
1 (866) 425-4268 (toll-free number for customer service)
TTY/TDD: 1 (800) 276-3105 (toll free)
www.aliant.net: Select "Phone Services" under "For Your Home" menu, then "Home Telephone" from left menu. Select "Atlantic Relay Service" under "Telephone Services" heading.

Provides specialized telephone communication devices and services to clients with special needs.

APSEA (Atlantic Provinces Special Education Authority)
5940 South Street
Halifax, NS B3H 1S6
424-8500
Fax: 424-0543
www.apsea.ca

Serves children and youth who are deaf, hard of hearing, deafblind, blind, or visually impaired.

APSEA—Services for students who are blind or visually impaired. John McConnell, director, mcconnellj@apsea.ca

APSEA—Services for students who are deaf or hard of hearing. Joan Skinner, director, skinnerj@apsea.ca

Attention Deficit Association of Nova Scotia
506 Sackville Drive
Lower Sackville, NS B4C 2R8
869-1117
Fax: 869-3836

Provides education, support, and research assistance for people who are affected by attention deficit hyperactivity disorder.

Brain Injury Association of Nova Scotia
Victoria General Hospital
Bethune Building, Room 242
PO Box 8804
Halifax, NS B3K 5M4
473-7301
Fax: 473-7302
bians1@ns.sympatico.ca
www3.ns.sympatico.ca/bians1/

Provides support for brain-injured people and their families.

Canadian Cystic Fibrosis Foundation—Scotia Chapter
1801 Hollis Street, Suite 415
Halifax, NS B3J 3N4
425-2462
1 (800) 378-2233
(national toll-free number)
Fax: 422-2956
Pamela Barnes, development coordinator, pamela@cfnovascotia.ca
www.cysticfibrosis.ca
Provides information and support to people affected by cystic fibrosis.

Canadian Diabetes Association
Regional Leadership Centre
137 Chain Lake Drive, Suite 101
Halifax, NS B3S 1B3
453-4232
1 (800) 326-7712 (toll free)
Fax: 453-4440
www.diabetes.ca

Provides information and resources to people with diabetes and their families. Summer camps for children.

Canadian National Institute for the Blind
8 Hugh Street
Sydney, NS B1P 1V7
564-5711
1 (800) 563-2642 (toll-free number for national office)
Fax: 562-9802
nspei@cnib.ca
www.cnib.ca

Offers rehabilitation services to those who are blind or visually impaired. This office serves residents of Cape Breton and eastern Nova Scotia up to Pictou County.

Canadian Paraplegic Association (Nova Scotia)
Cape Breton Regional Office
PO Box 5611
Louisbourg, NS, B1C 2L8
733-3098
1 (800) 566-1887 (toll free in Nova Scotia)
Fax: 733-3098
sydney@canparaplegic.org
www.thespine.ca

Helps people with spinal cord injuries and other physical disabilities to achieve independence, self-reliance, and full community participation.

Cape Breton Down Syndrome Society
29 Gunn Street
Sydney, NS B1N 2L2
562-5069
Fax: 562-4548

Information and resources for individuals and families affected by Down Syndrome.

Deaf Literacy Nova Scotia
c/o Society of Deaf and Hard of Hearing Nova Scotians
1657 Barrington Street, Suite 117
Halifax, NS B3J 2A1
423-3353
422-7130 (voice, videophone, TTY)
Fax: 492-3864
dlns@sympatico.ca
www.deafliteracynovascotia.ca

Promotes and supports literacy and learning of deaf adults through self-development, literacy, and American Sign Language/Maritime Sign Language literacy.

Disability Tax Credit/ Child Disability Benefit
1 (800) 959-8281
www.cra.gc.ca: Enter into language of preference, then select "Persons with disabilities" from "Information For" column on the left.

Information on both the Disability Tax Credit and Child Disability Benefit, either of which may be available to parents who support a child or children who have a severe and prolonged mental or physical impairment.

Epilepsy Association of Nova Scotia
5880 Spring Garden Road, Suite 306
Halifax, NS B3H 1Y1
429-2633
1 (866) EPILEPSY (374-5377)
Fax: 425-0821
info@epilepsyns.com
www.epilepsyns.com

Provides information and resources to people with epilepsy and their families.

Equal Education Association of Nova Scotia
860-1759
info@eeans.com
www.eeans.com

Non-profit association that advocates educational rights on behalf of all children with learning disabilities in Nova Scotia.

Learning Disabilities Association of Nova Scotia
46 Portland Street, Suite 601
Dartmouth, NS B2Y 1H4
423-2850
Fax: 423-2834
info@ldans.ca
www.ldans.nsnet.org

Offers advocacy, support, and referral services to children, parents, adults, and others dealing with learning disabilities.

Newborn Hearing Screening Program—IWK
5850/5980 University Avenue
PO Box 3070
Halifax, NS B3J 3G9
470-7146
Fax: 470-7950
nshgrace@nshsc.ns.ca
www.nshsc.ns.ca

Provides early detection and treatment of hearing disorders.

Nova Scotia Disabled Persons Commission
Dartmouth Professional Centre
277 Pleasant Street, Suite 104
Dartmouth, NS B2Y 4B7
424-8280
1 (800) 565-8280 (toll free within Nova Scotia)
www.gov.ns.ca/disa

Gives people with disabilities a way to participate in the provincial government policy-making process,

and advises policy-makers and program-developers about the needs of people with disabilities and the issues and concerns that affect the lives of people with disabilities.

Nova Scotia Hearing and Speech Centres—Evanston
Strait Richmond Hospital
138 Hospital Road
Evanston, NS B0E 1J0
625-3100, ext. 257
Fax: 625-1536
Heather Burton, secretary, nshscsr@nshsc.ns.ca
www.nshsc.ns.ca/strait.html

For preschool children and adults with any speech, hearing, or language disorder.

Nova Scotia Hearing and Speech Centres—Glace Bay
Glace Bay Healthcare Corporation
300 South Street, 4th floor
Glace Bay, NS B1A 1W5
842-2868
Fax: 849-7707
nshscgby@nshsc.ns.ca
www.nshsc.ns.ca/glacebay.html

Nova Scotia Hearing and Speech Centres—Sydney
Health Park
45 Weatherbee Road, Suite 106
Sydney, NS B1M 0A1
564-7577
Fax: 564-7479
Cathy Halliday, secretary, challiday@nshsc.ns.ca
Margaret Boone, secretary, mboone@nshsc.ns.ca
www.nshsc.ns.ca/sydney.html

Nova Scotia Hearing and Speech Centres—Sydney Mines
Harbour View Hospital
22 Richard Street
Sydney Mines, NS B1V 2H7
736-2831, ext. 146
Fax: 736-0765
Rosella MacIntosh, secretary, nshscsm@nshsc.ns.ca
www.nshsc.ns.ca/sydneymines.html

Provincial Autism Centre
1456 Brenton Street
Halifax, NS B3J 2K7
446-4995
1 (877) 544-4495 (toll free)
Fax: 446-4997
info@autismcentre.ns.ca
www.autismcentre.ns.ca

Provides information on autism spectrum disorders. For a yearly fee of $10, anyone throughout the province can receive resource books by mail on a temporary basis.

reachAbility
6389 Coburg Road, Suite 307
Halifax, NS B3H 2A5
429-5878
Fax: 429-5858
info@reachability.org
www.reachability.org

A non-profit organization in Nova Scotia that works to improve access to justice, equality, and human rights for people living with

disabilities and for those within their support system.

Society for Treatment of Autism
541 Charlotte Street
PO Box 392
Sydney, NS B1P 6H2
567-6441
Fax: 567-0425
autism@ns.sympatico.ca
www.nsnet.org/autismns

Information and resources for individuals and families affected by autism spectrum disorders; also provides respite care.

Society of Deaf and Hard of Hearing Nova Scotians
762 Victoria Road
Sydney, NS B1N 1J6
564-0003 (voice, videophone, fax)
TTY: 564-0486
1 (888) 770-8555 (toll free within Nova Scotia)
cbdeaf@ns.sympatico.ca
www.sdhhns.org

Provides services to people who are deaf or hard of hearing, as well as hearing parents of children who are deaf.

Special Olympics Nova Scotia
5516 Spring Garden Road, Suite 305
Halifax, NS B3J 1G6
1 (866) 299-2019 (toll free)
Fax: 425-5606
www.sons.ca

Non-profit organization dedicated to providing year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability.

Spina Bifida and Hydrocephalus Association of Nova Scotia (Cape Breton Chapter)
PO Box 146
Sydney, NS B1P 5Z0
849-4401
1 (800) 304-0450 (toll free)
spina.bifida@ns.sympatico.ca
www.sbhans.ca

Provides services to individuals with spina bifida and hydrocephalus and their families.

Other Informational Resources

Adopt—Assistance, Information, Support
www.adopting.org

American website with useful articles and information.

Adoption Council of Canada
1 (888) 542-3678 (toll free)
www.adoption.ca

Website with useful articles and information.

Adoptive Families Association of BC
www.bcadoption.com/default.asp

Website with useful articles and information

Association of Black Social Workers
6414 Coburg Road
Halifax, NS B3H 3J5
Wanda Thomas Bernard, president,
wanda.bernard@dal.ca
494-1190
www.nsasw.org: Follow the ABSW link.

Black Cultural Centre for Nova Scotia
1149 Main St
Dartmouth, NS B2Z 1A8
434-6223; Fax: 434-2306;
contact@bccns.com; www.bccns.com
Is dedicated to the preservation and promotion of Canadian Black Culture.

Cape Breton Family Resource Coalition
106 Townsend Street
Sydney, NS B1P 5E1
562-5616
Fax: 562-8528
www.nscouncilfamily.org: Select "Parenting Directory" from top menu, then "Centres" on left menu, and click on "Cape Breton Family Resource Coalition" from list of centres.
Various programs and services for families.

Cape Breton Regional Library
50 Falmouth Street
Sydney, NS B1P 6X9
562-3279
Fax: 564-0765
inssc@nssc.library.ns.ca
www.cbrl.ca

Caregivers Nova Scotia
7001 Mumford Road
Tower 1, Suite 105
Halifax, NS B3L 4N9
421-7390
Fax: 421-7338
info@caregiversns.org
www.caregiversns.org
Provides information and support to caregivers of those with disabilities and chronic illness.

Community Access Program—c@p
1 (800) 575-9200 (toll free)
http://cap.ic.gc.ca
Sites with free access to computers and the Internet.

Eastern Counties Regional Library
390 Murray Street
PO Box 2500
Mulgrave, NS B0E 2G0
747-2597
Fax: 747-2500
www.ecrl.library.ns.ca

Eastern Regional Help Line
1482 George Street
Sydney, NS B1P 1P3
567-0330 (office line)
562-4357 (crisis line)
1 (800) 957-9995 (toll-free crisis line)
Fax: 567-0330
ERHL@hotmail.com
Telephone referral and crisis intervention service. Provides direction, information, and emotional support. Crisis line open from 6 pm to midnight, seven days a week.

Eskasoni Health Centre
44 Spencer's Lane
PO Box 7745
Eskasoni, NS B1W 1B3
379-3200
Fax: 379-2875

Federation of Foster Families of Nova Scotia
99 Wyse Road, Suite 350
Dartmouth, NS B3A 4S5
424-3071
1 (888) 845-1555 (toll free)
Fax: 424-5199
Carol Cole, administrative assistant—operations, colecf@gov.ns.ca
www.fosterfamilies.ns.ca

Provides support for foster families.

Kids Help Phone
3433 Dutch Village Road
Halifax, NS B3N 2S7
457-4779 (regional office)
1 (800) 668-6868 (toll-free helpline)
Fax: 457-1074
atlantic@kidshelpphone.ca
www.kidshelpphone.ca

Canada's only toll-free, 24-hour, bilingual, and anonymous phone and web counselling, referral, and information service for children and youth.

Network for Children and Youth—Eastern Nova Scotia
338 Charlotte Street, 2nd Floor
Sydney, NS B1P 1C8
563-3708
Fax: 563-3491
gallawnm@gov.ns.ca

Network of agencies that deliver services, educate, or fund services for children and youth.

North American Council on Adoptable Children
www.nacac.org
Website with resources and articles of interest; American organization but with Canadian board members.

Nova Scotia Association of Social Workers
Plaza 1881, 1891 Brunswick Street, Suite 106
Halifax, NS B3J 2G8
429-7799
Fax: 429-7650
nsasw@nsasw.org
www.nsasw.org

Promotes and regulates the practice of social work and helps its members to offer a high standard of service that respects diversity, promotes social justice, and enhances the worth, self-determination, and potential of individuals, families, and communities.

Nova Scotia Community Organization Network (NSNET)
PO Box 128
Waterville, NS B0P 1V0
538-3103, ext. 112
Fax: 538-7022
trc@nsnet.org
www.nsnet.org

Provides links to websites of Nova Scotian community organizations.

Nova Scotia Human Rights Commission—Sydney Office
Provincial Building
360 Prince Street
Sydney, NS B1P 5L1
563-2140
1 (877) 269-7699 (toll free)
TTY: 424-3139
Fax: 563-5613
hrcinquiries@gov.ns.ca
www.gov.ns.ca/humanrights

Addresses complaints of discrimination and provides cultural diversity training.

Nova Scotia League for Equal Opportunities
5251 Duke Street, Suite 1211
Halifax, NS B3J 1P3
455-6942
1 (866) 696-7536 (toll free)
Fax: 454-4781
nsleo@eastlink.ca
www.novascotialeo.org

Advocacy organization working on behalf of people with disabilities.

Nova Scotia Youth Help Line
5670 Spring Garden Road
Halifax, NS B3J 1H6
420-8336 (24-hour crisis line)
1 (800) 420-8336 (toll-free, 24-hour crisis line)
Fax: 423-3240

Peer counselling nightly from 6 pm to 10 pm. Open 24 hours for emergencies.

Passport Canada—Halifax Office
1505 Barrington Street, Suite 1508
Halifax, NS B3J 3K5
1 (800) 567-6868 (toll free)
Fax: 426-4620

PFLAG (Parents, Families and Friends of Lesbians and Gays)
1633 Mountain Road, Box 29211
Moncton, NB E1G 4R3
English: 1 (888) 530-6777 (toll free)
French Support Line:
1 (888) 530-6483 (toll free)
(506) 869-8191
Fax: (506) 387-8349
execdirector@pflagcanada.ca.

PFLAG Canada is Canada's only national organization that helps all Canadians who are struggling with issues of sexual orientation and gender identity. PFLAG Canada supports, educates and provides resources to parents, families, friends and colleagues with questions or concerns, 24 hours a day, 7 days a week.

St. John Ambulance—Cape Breton Regional Office
465 George Street, Suite 5
Sydney, NS B1P 1K5
564-4189
1 (888) 633-1115 (toll free)
Fax: 539-2730
cbinfo@stjohnambulance.ns.ca
www.sja.ca

Provides first aid training and supplies.

NORTHERN REGION

Advocacy

Accessible Nova Scotia
1 (866) 696-7536 (toll free)
info@accessiblens.ca
www.accessiblens.ca

A group of individuals, businesses, government representatives, and organizations who share a common vision of Nova Scotia as an accessible destination for both residents and visitors.

Deafness Advocacy Association of Nova Scotia
1660 Hollis Street, Suite 803
Halifax, NS B3J 1V7
425-0240
TTY/videophone: 425-0119
Fax: 429-9312
daans@ns.sympatico.ca

Promotes rights, needs, and equal access for deaf and hard of hearing Nova Scotians.

Early Intervention Nova Scotia—Partnerships for Inclusion
95 College Street, Suite 203
Antigonish, NS B2G 1X6
863-3556
Carolyn Webber, project manager, 863-6958
partnerships@ns.aliantzinc.ca
www.earlyintervention.net: Click "Resources" tab on top menu and then scroll down to "Partnerships for Inclusion Program" section.

Project devoted to including more children with special needs in child-care centres through a quality enhancement process.

Equal Education Association of Nova Scotia
860-1759
info@eeans.com
www.eeans.com

Non-profit association that advocates educational rights on behalf of all children with learning disabilities in Nova Scotia.

Nova Scotia Disabled Persons Commission
Dartmouth Professional Centre
277 Pleasant Street, Suite 104
Dartmouth, NS B2Y 4B7
424-8280
1 (800) 565-8280 (toll free within Nova Scotia)
www.gov.ns.ca/disa

Gives people with disabilities a way to participate in the provincial government policy-making process, and advises policy-makers and program-developers about the needs of people with disabilities and the issues and concerns that affect the lives of people with disabilities.

SpeciaLink: The National Centre for Child Care Inclusion
76 Cottage Road
PO Box 775
Sydney, NS B1P 6G9
562-1662
1 (866) 902-6333 (toll free)
Fax: 539-9117
www.specialinkcanada.org

Increases quality and quantity of opportunities for young children with disabilities to fully participate in community programs.

Child Development

Antigonish Guysborough Early Childhood Intervention Program
25 Bay Street, Suite 10
Antigonish, NS B2G 2G5
863-2298
Fax: 867-1037
Barb Shea, program administrator,
agecip@ns.aliantzinc.ca
www.nsnet.org/antigonish

Services for children who are developmentally delayed or at risk of delay and their families. Ages zero to six years.

Canso Area Daycare
115 School Street
PO Box 269
Canso, NS B0H 1H0
366-2090

Children ages 18 months to five years.

Child Care Connection Nova Scotia
1200 Tower Road, Suite 100
Halifax, NS B3H 4K6
423-8199
1 (800) 565-8199 (toll free)
Fax: 492-8106
info@cccns.org
www.cccns.org

Resource library and referrals based on specific child-care issues. Website allows search of facilities by region.

Children's Place Day Care
81 Church Street
Antigonish, NS B2G 2C9
863-4570

Children ages 18 months to five years. Subsidized spaces available. Accepting children with special needs.

Children's Place Learning Centre
19 Brookside Way
Antigonish, NS B2G 3A9
863-0614

Preschool programs from 8:30 am to 11:30 am for children ages three to five years. After-school programs from 2:30 pm to 5:30 pm for children ages 5 to 12 years.

Colchester-East Hants Early Intervention Program
The Institute for Human Services Education
60 Lorne Street, Suite 1
Truro, NS B2N 3K3
893-3342
Fax: 895-4487

Ronda Bagnell, coordinator,
bagnellr@inst-hse.ca
www.inst-hse.ca

Helps children from birth to school entry who have an identified special need or are at risk for developing one.

Cormier's Play & Learn
Physical address: St. FX Early Childhood Education Centre
Camden Hall, 12 Hillcrest Street
Mailing address: 42 Maple Drive
Antigonish, NS B2G 1G2
867-3872
Fax: 867-1587
Miriam Cormier, owner/operator and co-director, mcormier@stfx.ca
Kimberly Cormier, co-director, kacormier@stfx.ca

Ages three months to six years. Accepting children with special needs.

Cumberland Early Intervention Program
15 Victoria Street
PO Box 997
Amherst, NS B4E 4E1
667-8244
Fax: 667-0661
Lisa Gower, gowerceip@eastlink.ca

Services for families with children from ages zero to six years who are developmentally delayed or at risk of delay.

Family and Children's Services of Cumberland County
667-3336

Call for information about preschools and playschools in Cumberland County.

Family Home Child Care Society—Pictou County
281 Foord St
Stellarton, NS B0K 1S0
928-2211
Fax: 928-2253

Licensed day-care agency. Screens caregivers and approves homes. Offers training for caregivers and subsidized spaces for low-income families. Service is free.

Lower South River Preschool
4 South Side Harbour Road
Antigonish, NS B2G 2L4
863-0514
Fax: 863-0514

Ages six months to five years. Accepting children with special needs.

Paq'tnkek Day Care
Afton, NS B0H 1A0
386-2244

Children ages 18 months to five years. Serves primarily First Nations families. Accepting children with special needs.

Pictou County Early Intervention
Aberdeen Professional Centre
825 East River Road
New Glasgow, NS B2H 3S6
752-1016
Fax: 752-4839
pcei@ns.aliantzinc.ca
www.nsnet.org/pictou

Services for families with children ages zero to six years who are developmentally delayed or at risk of delay.

Ponderosa Play and Learn After School Program
17 Appleseed Drive
Antigonish, NS B2G 3B7
863-3994
Annette Deyoung
and Effie Vincent, owners/operators,
jeffannette@eastlink.ca

Ages 5 to 12 years. Accepting children with special needs.

Ponderosa Play and Learn Children's Centre Inc.
15 Ponderosa Drive
Antigonish, NS B2G 2R4
863-4975
Fax: 863-2601
Annette Deyoung and Effie Vincent,
owners/operators,
jeffannette@eastlink.ca

Ages 18 months to five years. Accepting children with special needs up to age 12.

Red Apple Children's Centre—location one
77 Highland Drive, Unit 24C
Antigonish, NS B2G 1P4
863-0430

Ages 18 months to 10 years. Accepting children with special needs.

Red Apple Children's Centre—location two
12 Carter Crescent
Antigonish, NS B2G 2S8
863-4357

Ages 18 months to 10 years. Accepting children with special needs.

Education

APSEA (Atlantic Provinces Special Education Authority)
5940 South Street
Halifax, NS B3H 1S6
424-8500
Fax: 424-0543
www.apsea.ca

Serves children and youth who are deaf, hard of hearing, deafblind, blind, or visually impaired.

APSEA—Services for students who are blind or visually impaired.
John McConnell, director,
mcconnellj@apsea.ca

APSEA—Services for students who are deaf or hard of hearing.
Joan Skinner, director,
skinnerj@apsea.ca

Chignecto-Central Regional School Board
60 Lorne Street
Truro, NS B2N 3K3
897-8900
1 (800) 770-0008 (toll free)
Fax: 897-8989
www.ccrsb.ednet.ns.ca

Celtic Family of Schools, Chignecto-Central Regional School Board
2561 Westville Road
New Glasgow, NS B2H 5C6
755-8132
1 (800) 770-0008 (toll free, head office)
Fax: 755-8155
www.ccrsb.ednet.ns.ca/celtic.html
Encompasses schools in Pictou County.

Chignecto Family of Schools, Chignecto-Central Regional School Board
40 Church Street
Springhill, NS B0M 1X0
597-4207
1 (800) 770-0008 (toll free, head office)
Fax: 597-4220
www.ccrsb.ednet.ns.ca/chignecto.html
Encompasses schools in Cumberland County.

Cobequid Family of Schools, Chignecto-Central Regional School Board
60 Lorne Street
Truro, NS B2N 3K3
896-5737
1 (800) 770-0008 (toll free, head office)
Fax: 896-5747
www.ccrsb.ednet.ns.ca/cobequid.html
Encompasses schools in Colchester County.

Nova Family of Schools, Chignecto-Central Regional School Board
224 Highway 214, Suite 101
Elmsdale, NS B2S 1J7
883-5357
1 (800) 770-0008 (toll free, head office)
Fax: 883-5371
www.ccrsb.ednet.ns.ca/nova.html
Encompasses schools in the Municipality of East Hants.

Conseil Scolaire Acadien Provincial—Acadian Provincial School Board
CP 88
Saulnierville, NE B0W 2Z0
9248 Route 1, La Butte
Meteghan River, NE B0W 2L0
769-5458
1 (888) 533-2727 (toll free)
Fax: 769-5459
www.csap.ednet.ns.ca
School board responsible for administration of French Acadian schools in the province.

Equal Education Association of Nova Scotia
860-1759
info@eeans.com
www.eeans.com
Non-profit association that advocates educational rights on behalf of all children with learning disabilities in Nova Scotia.

Financial Services

Canada Revenue Agency
Ralston Building
1557 Hollis Street
PO Box 638
Halifax, NS B3J 2T5
1 (800) 387-1193 (toll free)
Fax: 426-7170
www.cra-arc.gc.ca

Provides information on child and family tax benefits.

Nova Scotia Department of Community Services—Income Assistance
PO Box 2561
Halifax, NS B3J 3N5
1 (877) 424-1177 (toll free)
424-4150
Fax: 424-0578
www.gov.ns.ca/coms: Select "Employment Support & Financial Assistance" and then "Income Assistance" from the Programs section.

Provides income assistance to those in need.

Government Agencies and Departments

Access Nova Scotia—Amherst
Service Nova Scotia and Municipal Relations
Superstore Mall
126 South Albion Street
Amherst, NS B4H 2X3
1 (800) 670-4357 (toll free)
askus@gov.ns.ca
www.gov.ns.ca/snsmr

Provides hands-on information, forms, applications, and various services, which vary from centre to centre.

Access Nova Scotia—Antigonish
Service Nova Scotia and Municipal Relations
20 St. Andrew's Street
Antigonish, NS B2G 2L4
1 (800) 670-4357 (toll free)
askus@gov.ns.ca
www.gov.ns.ca/snsmr

Provides hands-on information, forms, applications, and various services, which vary from centre to centre.

Access Nova Scotia—Truro
Service Nova Scotia and Municipal Relations
80 Walker Street, Suite 3
Truro, NS B2N 4A7
1 (800) 670-4357 (toll free)
askus@gov.ns.ca
www.gov.ns.ca/snsmr

Provides hands-on information, forms, applications, and various services, which vary from centre to centre.

Children's Aid Society & Family Services of Colchester County
Nova Scotia Department of Community Services
60 Lorne Street
PO Box 950
Truro, NS B2N 3K3
893-5950
Fax: 893-5609
www.gov.ns.ca/coms

Children's Aid Society of Pictou County
Nova Scotia Department of Community Services
7 Campbell's Lane
PO Box 488
New Glasgow, NS B2H 2H9
755-5950
Fax: 755-7367
www.gov.ns.ca/coms

Family and Children's Services of Cumberland County
26-28 Prince Arthur Street, Suite 201
PO Box 399
Amherst, NS B4H 1V6
667-3336
Fax: 667-1594
www.cumberlandfcs.com

Indian and Northern Affairs, Adoption Team
Indian Registration and Band List
Department of Indian and Northern Development
Ottawa, Ontario K1A 0H4
1 (800) 567-9604 or 1 (819) 953-0960
infopubs@ainc-inac.gc.ca

Adoptees wishing to apply for native status must write to the above address.

Mi'kmaq Family and Children's Services of Nova Scotia
111 Membertou Street
PO Box 179
Shubenacadie, NS B0N 2H0
758-3553
1 (800) 263-8686 (toll free)
Fax: 758-2390

Mi'Kmaw Family & Children's Services
Indian Brook Office P.O Box 179
Shubenacadie, NS B0N 2H0
1-800-263-8686
martinth@gov.ns.ca

Using PRIDE core in-service Modules, the program provides competency based training to foster and adoptive resource families designed to strengthen foster and adoptive care. PRIDE Core builds upon competencies learned in PRIDE Pre-service training. For more info on Module descriptions, topics, key concepts, and registration please visit www.gov.ns.ca/coms/families/fostercare/ ; PRIDE training schedule.

Municipality of Cumberland
1395 Blair Lake Road, RR 6
Amherst, NS B4H 3Y4
667-2313
Fax: 667-1352
info@cumberlandcounty.ns.ca
www.cumberlandcounty.ns.ca

Municipality of Pictou County
28 Willow Street
PO Box 910
Pictou, NS B0K 1H0
485-4311
752-1530 (toll-free number for some Pictou County residents)
Fax: 485-6475
Brian Cullen, chief administrative officer, bcullen@county.pictou.ns.ca
www.county.pictou.ns.ca

Municipality of the County of Antigonish
285 Beech Hill Road, RR 7,
Station Main
Antigonish, NS B2G 2L4
863-1117
Fax: 863-5751
www.antigonishcounty.ns.ca

Municipality of the County of Colchester
1 Church Street
PO Box 697
Truro, NS B2N 5E7
897-3160
Fax: 895-9983
www.colchester.ca

Municipality of the District of Guysborough
33 Pleasant Street
PO Box 79
Guysborough, NS B0H 1N0
533-3705
Fax: 533-2749
www.modg.ca

Nova Scotia Department of Community Services—Adoption Disclosure Service Program
PO Box 696
Halifax, NS B3J 2T7
424-2755
Fax: 424-7529
www.gov.ns.ca/coms: Select "Support for Children, Youth & Families," then "Adoption," and then "Adoption Disclosure."
Maintains a Passive Adoption Registry and conducts searches for adoptees and birth families. Assists with issues related to Adoption Information Act.

Nova Scotia Department of Community Services—Antigonish District Office
325 Main Street
Antigonish, NS B2G 2C3
863-3213
Fax: 863-7549
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Direct Family Support
5675 Spring Garden Road
PO Box 696
Halifax, NS B3J 2T7
424-0932
Fax: 424-0708
www.gov.ns.ca/coms/disabilities/
Provides support and services to both children and adults with disabilities who live at home with their families.

Nova Scotia Department of Community Services—Direct Family Support—Northern Regional Office
Aberdeen Business Centre
610 East River Road, Suite 255
New Glasgow, NS B2H 3S2
755-7023
Fax: 752-5088
www.gov.ns.ca/coms/disabilities/
Provides support and services to both children and adults with disabilities who live at home with their families.

Nova Scotia Department of Community Services—Family and Community Supports Division
Nelson Place
5675 Spring Garden Road, 5th Floor
PO Box 696
Halifax, NS B3J 2T7
1 (866) 259-7780 (toll-free number for Nova Scotia Adoption Information Line)
424-4279
Fax: 424-0708
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Guysborough District Office
9996 Chedabucto Mall
PO Box 90
Guysborough, NS B0H 1N0
533-4007
Fax: 533-3822
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Northern Regional Office
610 East River Road, Suite 255
New Glasgow, NS B2H 3S2
755-7023
Fax: 752-5088
www.gov.ns.ca/coms

Nova Scotia Dept of Community Services—Regional Resources, Northern Region
161 Terra Cotta Drive
New Glasgow, NS B2H 6B6
755-7108
goukatx@gov.ns.ca

Using PRIDE core in-service Modules, the program provides competency based training to foster and adoptive resource families designed to strengthen foster and adoptive care. PRIDE Core builds upon competencies learned in PRIDE Pre-service training. For more info on Module descriptions, topics, key concepts, and registration please visit www.gov.ns.ca/coms/families/fostercare/ ; PRIDE training schedule.

Nova Scotia Office of the Ombudsman
5670 Spring Garden Road, Suite 700
PO Box 2152
Halifax, NS B3J 3B7
424-6780
1 (800) 670-1111 (toll free)
Fax: 424-6675
ombudsman@gov.ns.ca
www.gov.ns.ca/ombu

Handles complaints against provincial and municipal government agencies and departments.

Service Canada Call Centre
1 (800) O CANADA (622-6232) (toll free)
TTY: 1 (800) 926-9105 (toll free)
Fax: (613) 941-1827
www.canada.ca

Primary access point to find information on federal government services.

Service Canada—Amherst Office
26-28 Prince Arthur Street, Suite 202
Amherst, NS B4H 1V6
661-6619
TTY: 1 (800) 537-9573 (toll free)
Fax: 661-6637
www.servicecanada.gc.ca
Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Antigonish Office
Federal Building, 2nd Floor
325 Main Street
Antigonish, NS B2G 2C3
863-7069
TTY: 1 (800) 537-9573 (toll free)
Fax: 863-7053
www.servicecanada.gc.ca
Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Guysborough Office
Chedabucto Centre
9956 Highway 16
Guysborough, NS B0H 1N0
533-2119
TTY: 1 (800) 537-9573 (toll free)
Fax: 533-2891
www.servicecanada.gc.ca
Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—New Glasgow Office
340 East River Road
New Glasgow, NS B2H 3P7
755-7826
TTY: 1 (800) 537-9573 (toll free)
Fax: 755-7869
www.servicecanada.gc.ca
Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Truro Office
60 Lorne Street, Suite 8
Truro, NS B2N 3K3
893-0016
TTY: 1 (800) 537-9573 (toll free)
Fax: 893-0075
www.servicecanada.gc.ca
Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Nova Scotia and Municipal Relations—Public Enquiries
Mailroom, 8 South, Maritime Centre
1505 Barrington Street
Halifax, NS B3J 3K5
424-5200
1 (800) 670-4357 (toll free)
Fax: 424-0720
askus@gov.ns.ca
www.gov.ns.ca/snsmr/secure/contact/Default.asp?bhcp=1
Information on provincial government programs, policies, and initiatives.

Town of Antigonish
274 Main Street
Antigonish, NS B2G 2C4
863-2351
Fax: 863-9201

Brian MacNeil, town clerk
and treasurer,
bmacneil@townofantigonish.ca
www.townofantigonish.ca

Town of New Glasgow
111 Provost Street
PO Box 7
New Glasgow, NS B2H 5E1
755-7788
Fax: 755-6242
www.newglasgow.ca

Town of Pictou
40 Water Street
PO Box 640
Pictou, NS B0K 1H0
485-4372
Fax: 485-8110
info@townofpictou.com
www.townofpictou.com

Town of Stellarton
250 Foord Street
PO Box 2200
Stellarton, NS B0K 1S0
752-2114
Fax: 755-4105
townoffice@town.stellarton.ns.ca
www.stellarton.ca

Town of Trenton
120 Main Street
PO Box 328
Trenton, NS B0K 1X0
752-5311
Fax: 752-0090
trenton@town.trenton.ns.ca
www.town.trenton.ns.ca

Town of Truro
695 Prince Street
PO Box 427
Truro, NS B2N 5C5
895-4484
Fax: 893-0501
town@truro.ca
www.truro.ca

Town of Westville
2042 Queen Street
Westville, NS B0K 2A0
396-1500
Fax: 396-3986
www.westville.ca

International Services

Children of Choice Consulting
7071 Bayer's Road, Suite 325
Halifax, NS B3L 2C2
422-9881
Mary Miller, social work practitioner,
mfmiller@ns.sympatico.ca
Specializes in international adoptions.

Citizenship and Immigration Canada —Canada Immigration Centre
International Adoption Information
1 (888) 242-2100 (toll free)
TTY: 1 (888) 576-8502 (toll free)
www.cic.gc.ca: Enter into language of choice and then click on "International Adoption" under "Visas and Immigration."

Families with Children from China —Nova Scotia
Karn Nichols or Judy Little
479-2442
fccns@eastlink.ca

Volunteer organization that arranges activities to celebrate major Chinese holidays and runs a Chinese culture program for those who have adopted children from China or other Asian countries, or are in the process of doing so.

Family Foundations Consulting
P.O. Box 28042
Dartmouth, NS B2W 6E2
456-5053
Donelda MacDonald, social work practitioner

Provides post placement reports and post-adoption support with respect to adjustment and attachment issues.

Multicultural Association of Nova Scotia
1113 Marginal Road
Halifax, NS B3H 4P7
423-6534
Fax: 422-0881
admin@mans.ns.ca
www.mans.ns.ca

Information and advocacy for multicultural groups within Nova Scotia.

Nova Scotia Human Rights Commission
2651 Westville Road, RR 3
PO Box 728
New Glasgow, NS B2H 5C6
752-3086
Fax: 755-7239
hrcinquiries@gov.ns.ca
www.gov.ns.ca/humanrights

Addresses complaints of discrimination and provides cultural diversity training.

Legal Services

Antigonish Justice Centre
11 James Street
Antigonish, NS B2G 1R6
863-7545 (court administrator)
Fax: 863-7479

Provincial and Family Court.

Legal Information Society of Nova Scotia
Lawyer Referral Service—
Dial-A-Law—Legal Info Line
5523B Young Street
Halifax, NS B3K 1Z7
455-3135 (legal information and lawyer referral service)
1 (800) 665-9779 (toll-free number for the above services)
454-2198 (administration, publications, and projects)
420-1888 (Dial-A-Law)
Fax: 455-3105
lisns@legalinfo.org
www.legalinfo.org

Services for people looking for lawyers or legal information in specific areas of law.

Nova Scotia Barristers' Society
Centennial Building
1645 Granville Street, Suite 1101
Halifax, NS B3J 1X3
422-1491
Fax: 429-4869
www.nsbs.org

Handles complaints against lawyers, and provides information to the public.

Nova Scotia Legal Aid—Amherst
55 Church Street
PO Box 262
Amherst, NS B4H 3Z2
667-7544
Fax: 667-0030

Nova Scotia Legal Aid—Antigonish
273 Main Street
Antigonish, NS B2G 2C3
863-3350
Fax: 863-7598

Nova Scotia Legal Aid—New Glasgow
116 George Street
New Glasgow, NS B2H 2K6
755-7020
Fax: 752-8733

Nova Scotia Legal Aid—Truro
523 Prince Street, Suite 102
Truro, NS B2N 1E8
893-5920
Fax: 893-6112

Nova Scotia Legal Aid Commission—Head Office
Office of the Executive Director
137 Chain Lake Drive, Suite 102
Halifax, NS B3S 1B3
420-6578
1 (877) 420-6578 (toll free)
Fax: 420-3471
nsla.exec@ns.sympatico.ca

Pictou Justice Centre
69 Water Street
PO Box 1750
Pictou, NS B0K 1H0
485-7025
Fax: 485-8934

Truro Justice Centre
540 Prince Street
Truro, NS B2N 1G1
893-5840
Fax: 893-6261

Mental Health

Aberdeen Mental Health Services
Aberdeen Hospital, 3rd Floor
835 East River Road
New Glasgow, NS B2H 3S6
755-1137
Fax: 928-0297
www.aberdeenhospital.com

Provides mental health services to citizens of Pictou County.

Canadian Mental Health Association—Colchester East Hants Branch
25 Revere Street
PO Box 1413

Truro, NS B2N 5V2
895-4211
Fax: 895-4027
Joyce McDonald, executive director,
cmhaceh@eastlink.ca
www.cmhaceh.ca/

Provides education and support to those with mental illness.

Canadian Mental Health Association—Pictou County Branch
825 East River Road
PO Box 959
New Glasgow, NS B2H 5K7
755-9441
Dale Robinson, president (CMHA—Pictou County Branch),
drobins@ns.sympatico.ca
www.cmha.ca

Provides education and support for those with mental illness.

Colchester East Hants Health Authority Mental Health Services
Colchester Regional Hospital
207 Willow Street
Truro, NS B2N 5A1
893-5526
Fax: 893-5551
www.cehha.nshealth.ca: Select "Services & Programs" on left menu and then "Mental Health" from Services & Programs drop-down menu on left.

Cumberland Mental Health Services
Cumberland Health Authority
33 Havelock Street
Amherst, NS B4H 4W1
667-3879
Fax: 667-5959
www.cha.nshealth.ca: Select "Mental Health" from top menu.

Treatment for individuals with mental illness.

Guysborough Antigonish Strait Health Authority Mental Health Services—Antigonish
St. Martha's Regional Hospital
25 Bay Street
PO Box 1417
Antigonish, NS B2G 2L7
863-4511
Fax: 863-4496
www.gasha.nshealth.ca

Physical Health

Aberdeen Asthma Clinic
Aberdeen Hospital
835 East River Road
New Glasgow, NS B2H 3S6
752-7600, ext. 2960

Patient education program for children and adults with asthma.

Aberdeen Hospital
835 East River Road
New Glasgow, NS B2H 3S6
752-8311 (switchboard)
752-7600 (auto attendant)
Fax: 752-2332 (for medical records)
www.aberdeenhospital.com

Aberdeen Walk-in Clinic
Aberdeen Business Centre
610 East River Road
New Glasgow, NS B2H 3S2
752-7125

Walk-in medical clinic. Open weekdays from 5 pm to 9 pm, Saturdays from 9 am to 1 pm, closed Sundays.

All Saints Springhill Hospital
10 Princess Street
Springhill, NS B0M 1X0
597-3773
Fax: 597-3440
www.cha.nshealth.ca: Click on "Our Hospitals" and then "Springhill (All Saints Springhill Hospital)" on map.

Asthma Education Clinic
Colchester Regional Hospital
207 Willow Street
Truro, NS B2N 5A1
893-5554, ext. 2396
Fax: 893-8888
Patient education programs for children and adults with asthma. Physician referral is required.

Brain Tumour Foundation of Canada
620 Colborne Street, Suite 301
London, ON N6B 3R9
1 (519) 642-7755
1 (800) 265-5106 (toll free)
Fax: 1 (519) 642-7192
braintumour@braintumour.ca
www.braintumour.ca
Brain tumour support group.

Canadian Red Cross Amherst Centre—Home Equipment Loan Program (HELP)
16 Church Street, Suite B
Amherst, NS B4H 3A6
667-8795 or 667-8794
424-1420 (main provincial office)
With a health-care professional's recommendation, health-care equipment may be loaned on a short-term basis, free of charge.

Canadian Red Cross Antigonish Centre—Home Equipment Loan Program (HELP)
36 Market Street, Unit 2
Antigonish, NS B2G 3B4
863-8222
424-1420 (main provincial office)
With a health-care professional's recommendation, health-care equipment may be loaned on a short-term basis, free of charge.

Canadian Red Cross Truro Centre—Home Equipment Loan Program (HELP)
798 Prince Street
Truro, NS B2N 1H1
895-3894
424-1420 (main provincial office)
With a health-care professional's recommendation, health-care equipment may be loaned on a short-term basis, free of charge.

Capital Health—QEII Health Sciences Centre
Halifax Infirmary Building
1796 Summer Street
Halifax, NS B3H 3A7
473-2700
www.cdha.nshealth.ca: Select "Hospitals/Health Centres" on left menu and then "Queen Elizabeth II Health Sciences Centre."

The largest health sciences centre in Atlantic Canada.

Children's Wish Foundation
437 Beech Street
New Glasgow, NS B2H 1A5
755-4863
1 (800) 267-9474 (toll-free number for provincial office)
www.childrenswish.ca

Colchester East Hants Health Authority
207 Willow Street
Truro, NS B2N 5A1
893-5554 (auto attendant)
893-4321 (switchboard)
1 (800) 460-2110 (toll free)
Fax: 893-0040
www.cehha.nshealth.ca

Colchester Regional Hospital
207 Willow Street
Truro, NS B2N 5A1
893-5554 (auto attendant)
893-4321 (switchboard)
1 (800) 460-2110 (toll free in Nova Scotia)
Fax: 893-5559
www.cehha.nshealth.ca: Select "Our Facilities" on left menu and then "Colchester Regional Hospital."

Cumberland Health Authority
34 Prince Arthur Street
Amherst, NS B4H 3B3
661-1090
Fax: 667-1125
www.cha.nshealth.ca: Select "Cumberland Health Authority" from top menu.

Cumberland Regional Health Care Centre
19428 Highway 2, RR 6
Amherst, NS B4H 1N6
667-3361
Fax: 667-6306
www.cha.nshealth.ca: Select "Our Hospitals" and then "Upper Nappan (Cumberland Regional Health Care Centre)" on map.

Directory of Family Physicians Accepting New Patients
www.gov.ns.ca/health/physicians/physicians.asp
424-3047

Directory of French Speaking Primary Health Care Providers
www.gov.ns.ca/health/frhcp/

Doctors Nova Scotia
25 Spectacle Lake Drive
Dartmouth, NS B3B 1X7
468-1866
Fax: 468-6578
inquiries@doctorsns.com
www.doctorsns.com
Professional association of Nova Scotia's doctors.

Eastern Memorial Hospital
1746 Union Street
PO Box 10
Canso, NS B0H 1H0
366-2794
Fax: 366-2740
Rose Richardson, RN, facility manager, rrichardson@gasha.nshealth.ca
www.erhb.ns.ca: Select "Our Hospitals" from top menu and

then "Eastern Memorial Hospital" from left menu.

Contains 24-hour emergency department.

Guysborough Antigonish Strait Health Authority
25 Bay Street
Antigonish, NS B2G 2G5
867-4273
Fax: 867-1059
Heather MacKay, director of public relations,
heatherk.mackay@gasha.nshealth.ca
www.gasha.nshealth.ca

Guysborough Memorial Hospital
10560 Route 16
PO Box 170
Guysborough, NS B0H 1H0
533-3702
Fax: 533-4066
Elaine MacMaster, RN, facility manager, emacmaster@gasha.nshealth.ca
www.gasha.nshealth.ca: Select "Our Hospitals" from top menu and then "Guysborough Memorial Hospital" from left menu.

Health Canada
Maritime Centre
1505 Barrington Street, Suite 1525
Halifax, NS B3J 3Y6
426-2038
1 (866) 225-0709 (toll-free general inquiry line)
Fax: 426-3768
info@hc-sc.gc.ca
www.hc-sc.gc.ca

Deals with any matter within the jurisdiction of Health Canada.

Health Promotion Clearinghouse—Nova Scotia
City Centre Atlantic
1535 Dresden Row, Suite 209
Halifax, NS B3J 3T1
494-1917
1 (877) 890-5094 (toll free)
Fax: 494-3594
Caroline Ploem, manager,
hpc@dal.ca
www.hpclearinghouse.ca

Links people and organizations involved in health promotion in Nova Scotia to community resources and expertise.

IWK Health Centre
5850/5980 University Avenue
PO Box 9700
Halifax, NS B3K 6R8
470-8888 (switchboard)
Fax: 470-6790
feedback@iwk.nshealth.ca (general inquiries only)
www.iwk.nshealth.ca

Provides care to children, youth, women, and families.

IWK Health Centre—Child Safety Link
5850/5980 University Avenue
PO Box 9700
Halifax, NS B3K 6R8
470-6496
1 (866) 288-1388 (toll free outside Halifax)
Fax: 470-6774
childsafetylink@iwk.nshealth.ca
www.childsafetylink.ca

Poison prevention information and other injury prevention information.

IWK Regional Poison Centre
5850 University Avenue
PO Box 9700
Halifax, NS B3K 6R8
FOR ALL POISON EMERGENCIES, DIAL 911 AND ASK TO SPEAK TO THE POISON CENTRE.
470-8161 (Halifax-only emergency line)
1 (800) 565-8161 (toll-free emergency line for rest of Nova Scotia)
Fax: 470-7213
Toll-free, 24-hour poison information service.

Lillian Fraser Memorial Hospital
110 Blair Avenue
PO Box 40
Tatamagouche, NS B0K 1V0
657-2382
Fax: 657-3745
www.cehha.nshealth.ca: Select "Our Facilities" and then "Lillian Fraser Memorial Hospital."

Lung Association of Nova Scotia—Asthma Action Helpline
1 (800) 668-7682 (toll free in Nova Scotia)
info@ns.lung.ca
A toll-free helpline. Certified asthma educators are available weekdays during business hours to answer questions and provide advice on asthma.

Lung Association of Nova Scotia Provincial Office
6331 Lady Hammond Road
Halifax, NS B3K 2S2
443-8141
Fax: 445-2573
info@ns.lung.ca
www.ns.lung.ca
Telephone service for people with asthma. Provides information. Not an emergency number.

Medical Services Insurance (MSI)
Physical location: 230 Brownlow Ave
Dartmouth, NS
Mailing address: PO Box 500
Halifax, NS B3J 2S1
496-7008
1 (800) 563-8880 (toll free)
Fax: 481-3160 (registration)
msienquiry@medavie.bluecross.ca
www.gov.ns.ca/health/msi.htm
Provides eligible residents with coverage for medically required health services.

North Cumberland Memorial Hospital
260 Church Street
Pugwash, NS B0K 1L0
243-2521
Fax: 243-2941
www.cha.nshealth.ca: Select "Our Hospitals" from top menu and then "Pugwash (North Cumberland Memorial Hospital)" from the map.

Nova Scotia Department of Health
PO Box 488
Halifax, NS B3J 2R8
424-5818
1 (800) 387-6665 (toll free)
Fax: 424-0730
dohweb@gov.ns.ca
www.gov.ns.ca/health

Nova Scotia Rehabilitation Centre
1341 Summer Street
Halifax, NS B3H 1K1
473-2700 (main switchboard to all hospitals; you will have to tell the operator which department or doctor you wish to speak with)
www.cdha.nshealth.ca: Click "Hospitals/Health Centres" on left, then "Queen Elizabeth II Health Sciences Centre." Click "Nova Scotia Rehabilitation Centre" under "Victoria General site buildings" on right side of centre of page.

Cross-disability rehabilitation facility.

Pediatric Consultants
Dr. Amit, Dr. Faruqi, Dr. Ortiz-Alvarez
23 Bay Street
Antigonish, NS B2G 2G7
867-1417
Fax: 863-1186

Peter's Place
PJD Rehab Housing Inc.
RR 1
Pleasantville, NS B0R 1G0
688-1575
Fax: 688-1747
pjdrehab@eastlink.ca

Treatment program for children and adults with acquired brain injury.

Pictou County Health Authority
Aberdeen Hospital
835 East River Road
New Glasgow, NS B2H 3S6
752-7600
Fax: 752-6231
www.pcha.nshealth.ca

Public Health Services, Pictou County Health Authority
825 East River Road
Aberdeen Professional Centre,
2nd Floor
New Glasgow, NS B2H 3S6
752-5151
Fax: 755-7175
www.pcha.nshealth.ca: Select "Public Health Services" from top menu.

Ronald McDonald House Atlantic Canada
Friends of Children (Atlantic) Association
1133 Tower Road
Halifax, NS B3H 2Y7
429-4044
Fax: 429-8650
info@rmhatlantic.ca
www.rmhatlantic.ca

St. Martha's Regional Hospital
25 Bay Street
Antigonish, NS B2G 2G5
863-2830 (switchboard)
Fax: 863-6006 (for medical records)
www.gasha.nshealth.ca: Select "Our Hospitals" from top menu and then "St. Martha's Regional Hospital" from menu on left.

St. Mary's Memorial Hospital
91 Hospital Road
PO Box 299
Sherbrooke, NS B0J 3C0
522-2882
Fax: 522-2556
www.erhb.ns.ca: Select "Our Hospitals" from top menu and then "St. Mary's Memorial Hospital" from menu on left.

South Cumberland Community Care Centre
50 Jenks Avenue
Parrsboro, NS B0M 1S0
254-2540
Fax: 254-2504
www.cha.nshealth.ca: Select "Our Hospitals" from top menu and then "Parrsboro (South Cumberland Community Care Centre)" from the map.
Contains 24-hour emergency department.

Strait Richmond Hospital
138 Hospital Road
Evanston, NS B0E 1J0
625-3100
Fax: 625-3804
Andrea Boyd-White, facility manager, andrea.boyd-white@gasha.nshealth.ns.ca
www.gasha.nshealth.ca: Select "Our Hospitals" from top menu and then "Strait Richmond Hospital" from menu on left.

Sutherland Harris Memorial Hospital
222 Haliburton Road
PO Box 1059
Pictou, NS B0K 1H0
485-4324
www.pcha.nshealth.ca: Select "Sutherland Harris Memorial Hospital" from top menu.

Truro Walk In Clinic
Fundy Trail Mall
68 Robie Street
Truro, NS B2N 1L2
893-3635
Walk-in medical clinic. Open weekdays from 5:30 pm to 10 pm, weekends and holidays from 11:30 am to 5 pm.

Psychological Services

Dr. Gail Andrew
57 Willowdale Lane
Antigonish, NS B2G 2J1
870-1412
Fax: 867-1104
g.andrew@ns.sympatico.ca

Association of Psychologists of Nova Scotia
1657 Barrington Street, Suite 417
Halifax, NS B3J 2A1
422-9183
Fax: 462-9801
apns@apns.ca
www.apns.ca
Provides a directory of psychologists registered with the association, as well as a guide to choosing a psychologist. Psychologists cannot be reached directly through this phone number or email address; the

association provides referrals to private practice psychologists.

Dr. Patricia A. Gerrior
155 Main Street
Antigonish, NS B2G 2S3
863-8303
Fax: 928-0297
patricia.gerrior@pcha.nshealth.ca

Provides evening appointments; experienced in adoption issues.

S. Margaret Grant
117 Dominion Street
Truro, NS B2N 3P6
895-8558
Fax: 895-1363
sm_grant@ns.aliantzinc.ca

Registered psychologist with experience in adoption issues; works with families, individuals, and couples to create and maintain happier, healthier, and more productive lives.

Family Service of Eastern Nova Scotia
Head Office, 295 George St, Suite 302
Sydney, NS, B1P 1J7
539-6868
www.fsens.ns.ca

Private, non-denominational, non-profit agency that offers therapy, family life education/programming, and options/adoption counselling. There are many locations across Eastern Nova Scotia.

Gary Neufeld
6870 RR 2
Guysborough, NS B0H 1N0
358-2097
Fax: 358-2097

Family and individual therapy.

Betsy Prager
PO Box 1066
Amherst, NS B4H 4E2
669-0757

Social work practitioner with experience in working with children with history of child abuse and neglect, past trauma.

Kerstin Schauss
Reclaim Therapy and Counseling
Physical location: 37 Water Street
Pictou, NS
Mailing Address: 1023 Meadowville Road, Scotsburn, NS B0K 1R0
485-1735

Provides Theraplay, Children and Adolescents Counselling, Individual Therapy, Parent-Child Therapy, Family and Marital Counselling. Common areas addressed in therapy are attachment, anxiety, depression, grief, parenting, trauma, divorce, behaviour problems of children.

Dr. Jolaine C. States
Imani Psychological Services
16 Ross Street
Truro, NS B2N 4E1
895-4174
Fax: 895-6243
drpurple@eastlink.ca

Provides family and child services using therapy and play therapy.

Beverly D. Zinck
Pathways Psychological Services, Inc.
14 Court Street, Suite 204
Truro, NS B2N 3H7
895-0082
Fax: 895-2903
pathways@ns.aliantzinc.ca

Developmental assessments and skill building for those with special needs.

Recreation Services

4-H Provincial Club
157 College Road
PO Box 550
Bible Hill, NS B2N 5E3
Jacqueline Hoyt, acting central region 4-H specialist, 893-6586
Faye Lennerton, provincial secretary, 893-6585
Fax: 893-2757
www.gov.ns.ca/agri/4h

Rural and agricultural projects for ages 9 to 21 years.

Antigonish Arena
30 James Street
Antigonish, NS B2G 1R7
863-1469
Fax: 863-1538
antigonish.arena@ns.sympatico.ca
www.antigonisharena.com

Big Brothers Big Sisters Association of Colchester
26 Logan Street
Truro, NS B2N 3Z3
895-4562
Fax: 895-2169
info@colchesterkids.ca
www.colchesterkids.ca

Provides the opportunity for a one-to-one relationship between children and adult volunteers. The aim is to enhance the development and sense of self-worth of children who are primarily from single-parent families. Carefully screened adult volunteers are matched with children who are in need of leadership, guidance, friendship, or role modelling. In-school mentor program as well.

Big Brothers Big Sisters of Antigonish
220 Main Street, Suite 103
Antigonish, NS B2G 2C2
863-5332
Fax: 863-5332
kid1@eastlink.ca
www.bbbsofanti.com

Provides the opportunity for a one-to-one relationship between children and adult volunteers. The aim is to enhance the development and sense of self-worth of children who are primarily from single-parent families. Carefully screened adult volunteers are matched with children who are in need of leadership, guidance, friendship, or role modelling. In-school mentor program as well.

Big Brothers Big Sisters of Pictou County
74 Stellarton Road
PO Box 781
New Glasgow, NS B2H 5G2
752-6260

Fax: 752-6262
bigbrothers@eastlink.ca
www.bbbsofpc.com

Provides the opportunity for a one-to-one relationship between children and adult volunteers. The aim is to enhance the development and sense of self-worth of children who are primarily from single-parent families. Carefully screened adult volunteers are matched with children who are in need of leadership, guidance, friendship, or role modelling. In-school mentor program as well.

Boys and Girls Clubs of Canada—National Office
7100 Woodbine Avenue, Suite 204
Markham, ON L3R 5J2
1 (905) 477-7272
Fax: 1 (905) 477-2056
info@bgccan.com
www.bgccan.com: Select "Find a Club" to find a club in your area, and click "Go." Clubs available in Dartmouth, Cole Harbour, Preston, Spryfield, Sackville, Truro/Colchester, and Yarmouth.

Boys and Girls Clubs of Nova Scotia
287 Lacewood Drive, Unit 103
PO Box 303
Halifax, NS B3M 3Y7
895-0358
sabs@tru.eastlink.ca

Colchester Legion Stadium
14 Lorne Street
Truro, NS B2N 5C1
893-1701

Girl Guides of Canada—Nova Scotia Council
423-3735
1 (800) 565-8111 (toll free)
Fax: 423-5347
ggcns@girlguides.ns.ca
www.girlguides.ns.ca

Activities for girls ages 5 to 17 years, as well as women ages 18 and over.

Municipality of Pictou County—Recreation Department
28 Willow Street
PO Box 910
Pictou, NS B0K 1H0
485-8528 (main recreation line)
752-1530 (toll free for some residents of Pictou County)
Fax: 485-8839
recreation@county.pictou.ns.ca
www.county.pictou.ns.ca: Select "Recreation."

Offers a variety of summer recreation programs for children.

New Glasgow Recreation Department
Marina office: 15 Riverside Parkway
John Brother MacDonald Stadium office: 530 Washington Street
PO Box 7
New Glasgow, NS B2H 5E1
755-8363
Fax: 755-6445 (Marina)
Fax: 755-8311 (Stadium)
Norma MacLeod, Recreation/Leisure Services coordinator, nmacleod@newglasgow.ca

www.newglasgow.ca: Select "Departments" and then "Recreation & Leisure."

Offers a number of recreation activities for all age groups.

Parks Canada—Atlantic Service Centre
1869 Upper Water Street, 2nd Floor, Pontac House
Halifax, NS B3J 1S9
426-9805
Fax: 426-7012
www.pc.gc.ca

Parks Canada—National Office
25 Eddy Street
Gatineau, QC K1A 0M5
1 (888) 773-8888 (toll free)
information@pc.gc.ca
www.pc.gc.ca

Oversees all national parks in Canada.

Pictou County Special Olympics
PO Box 1842
Stellarton, NS B0K 1S0
752-1883
Fax: 752-4256
Cathy Mason, regional coordinator,
cathy.mason@ns.sympatico.ca
www.sons.ca: Select "Our Regions" and then select "Pictou."

Recreation Nova Scotia
5516 Spring Garden Road, Suite 309
Halifax, NS B3J 1G6
425-1128
Fax: 422-8201
info@recreationns.ns.ca
www.recreationns.ns.ca

Advocates on behalf of all Nova Scotians for high-quality recreation and leisure opportunities.

Scotia Pool
80 Research Drive
Bible Hill, NS B61 2R2
893-6364
Fax: 893-6317
scotiapool@ns.sympatico.ca
www.nsac.ns.ca/athletics/pool.asp

Scouts Canada
84 Thorne Ave
Dartmouth, NS B3B 1Y5
423-9227
1 (800) 557-7268 (toll free)
Fax: 423-7989
nsoffice@scouts.ca
www.ns.scouts.ca

Educational and recreation programs for youth.

Sport Nova Scotia
5516 Spring Garden Road, 4th Floor
Halifax, NS B3J 1G6
425-5450
Fax: 425-5606
sportns@sportnovascotia.ca
www.sportnovascotia.ca

Promotes the benefits of health, personal development, and achievement for all participants. Works to increase public awareness of the benefits of amateur sport.

Stellarton Recreation and Culture
250 Foord Street
PO Box 1478
Stellarton, NS B0K 1S0

752-8944
Fax: 755-4105
www.stellarton.ca: Select "Residents" on top menu and then "Recreation" on right side of page.

Offers recreation programs and services for all ages.

Stellarton Youth Centre
248 Foord Street
PO Box 1478
Stellarton, NS B0K 1S0
752-1045
www.stellarton.ca: Select "Residents" on top menu and then "Recreation" on right side of page. Select "Youth Centre—The Stelly."

Drop-in youth centre for ages 10 to 16. Open Wednesday to Friday from 2 pm to 9 pm.

StFX Fitness & Recreation Department
St. Francis Xavier University
PO Box 5000
Antigonish, NS B2G 2W5
867-2181
Fax: 867-2455
www.stfx.ca/athletics/fitnessmain.html

Town of Amherst Department of Community and Economic Development
5 Ratchford Street
PO Box 516
Amherst, NS B4H 4A1
667-6500
Fax: 667-5409
Jennifer Borne, executive assistant, jborne@town.amherst.ns.ca
www.amherstns.com: Select "Town Departments" and then select "Community & Economic Development."

Offers a variety of programs throughout the year to the general public.

Trenton Recreation
120 Main Street
PO Box 328
Trenton, NS B0K 1X0
752-5311
752-0090
www.town.trenton.ns.ca: Select "Recreation" on left side of page.

Offers a number of recreation activities for all age groups.

Truro Boys and Girls Club
175 Victoria Street
Truro, NS B2N 1Z5
895-5008
Fax: 893-1171
trubgc@ns.aliantzinc.ca
www.auracom.com/trubgc/home.html
www.bgccan.com

Offers recreation and social activities for children.

Truro Centennial Pool
36 Arthur Street
Truro, NS B2N 1X5
895-1110
Fax: 893-5610
www.truro.nscc.ns.ca/wellness.htm

YMCA of Cumberland
92 Church Street
PO Box 552
Amherst, NS B4H 4A1
667-9112
Fax: 661-4692
info@ymcaofcumberland.com
www.ymcaofcumberland.com

Offers a range of recreation services for all age groups. Provides subsidized services, child care, and fitness facilities.

YMCA of Pictou County
558 South Frederick Street
New Glasgow, NS B2H 3P5
752-0202
Fax: 755-3446
www.pcymca.ca

Pool, gymnasium, and programs for adults and youth.

Special Needs

Abilities Foundation of Nova Scotia
3670 Kempt Road
Halifax, NS B3K 4X8
453-6000
Fax: 454-6121
admin@abilitiesfoundation.ns.ca
www.abilitiesfoundation.ns.ca

Services for children and adults who have physical disabilities. Offers Camp Tidnish for children ages eight years and older.

Accessible Nova Scotia
1 (866) 696-7536 (toll free)
info@accessiblens.ca
www.accessiblens.ca

A group of individuals, businesses, government representatives, and organizations who share a common vision of Nova Scotia as an accessible destination for both residents and visitors.

Aliant—Special Needs Services
PO Box 880
Halifax, NS B3J 2W3
1 (800) 694-9313 (toll-free number to request special equipment and inquire about pick-up locations)
1 (800) 267-6511 (toll-free number for Aliant Relay Service; allows TTY users to communicate over the Public Switched Telephone Network)
1 (866) 425-4268 (toll-free number for customer service)
TTY/TDD: 1 (800) 276-3105 (toll free)
www.aliant.net: Select "Phone Services" under "For Your Home" menu, then "Home Telephone" from left menu. Select "Atlantic Relay Service" under "Telephone Services" heading.

Provides specialized telephone communication devices and services to clients with special needs.

APSEA (Atlantic Provinces Special Education Authority)
5940 South Street
Halifax, NS B3H 1S6
424-8500
Fax: 424-0543
www.apsea.ca

Serves children and youth who are deaf, hard of hearing, deafblind, blind, or visually impaired.

APSEA—Services for students
John McConnell, director,
mcconnellj@apsea.ca

APSEA—Services for students who are deaf or hard of hearing.
Joan Skinner, director,
skinnerj@apsea.ca

Attention Deficit Association of Nova Scotia
506 Sackville Drive
Lower Sackville, NS B4C 2R8
869-1117
Fax: 869-3836

Provides education, support, and research assistance for people who are affected by attention deficit hyperactivity disorder.

Brain Injury Association of Nova Scotia
Victoria General Hospital
Bethune Building, Room 242
PO Box 8804
Halifax, NS B3K 5M4
473-7301
Fax: 473-7302
bians1@ns.sympatico.ca
www3.ns.sympatico.ca/bians1/

Provides support for brain-injured people and their families.

Canadian Cystic Fibrosis Foundation—Scotia Chapter
1801 Hollis Street, Suite 415
Halifax, NS B3J 3N4
425-2462
1 (800) 378-2233 (national toll-free number)
Fax: 422-2956
Pamela Barnes, development coordinator, pamela@cfnovascotia.ca
www.cysticfibrosis.ca

Provides information and support to people affected by cystic fibrosis.

Canadian Diabetes Association
Regional Leadership Centre
137 Chain Lake Drive, Suite 101
Halifax, NS B3S 1B3
453-4232
1 (800) 326-7712 (toll free)
Fax: 453-4440
www.diabetes.ca

Provides information and resources to people with diabetes and their families. Summer camps for children.

Canadian National Institute for the Blind
6136 Almon Street
Halifax, NS B3K 1T8
453-1480
1 (800) 563- 2642 (toll-free number for national office)
Fax: 454-6570
nspei@cnib.ca
www.cnib.ca

Offers rehabilitation services to those who are blind or visually impaired.

Canadian Paraplegic Association (Nova Scotia)
Mainland Nova Scotia & Head Office
Halifax Shopping Centre, Tower 1
Suite 317A
Halifax, NS B3L 4N9
423-1277
1 (800) 889-1889 (toll free within Nova Scotia)

Fax: 492-1213
halifax@canparaplegic.org
www.thespine.ca

Helps people with spinal cord injuries and other physical disabilities to achieve independence, self-reliance, and full community participation.

Career Connections
52 Mountain Road
New Glasgow, NS B2H 3W5
752-6826
Fax: 755-2963
www.careerconnections.ns.ca

Employment services for unemployed residents of Pictou County.

Chignecto-Central Regional School Board—Student Services
60 Lorne Street
Truro, NS B2N 3K3
897-8955
1 (800) 770-0008 (toll free)
Fax: 897-8977
Joan Westoll, coordinator,
westollj@ccrsb.ednet.ns.ca
www.ccrsb.ca

Provides services to students with special needs.

Deaf Literacy Nova Scotia
c/o Society of Deaf and Hard of Hearing Nova Scotians
1657 Barrington Street, Suite 117
Halifax, NS B3J 2A1
423-3353
422-7130 (voice, videophone, TTY)
Fax: 492-3864
dlns@sympatico.ca
www.deafliteracynovascotia.ca

Promotes and supports literacy and learning of deaf adults through self-development, literacy, and American Sign Language/Maritime Sign Language literacy.

Disability Tax Credit/ Child Disability Benefit
1 (800) 959-8281 (toll free)
www.cra.gc.ca: Enter into language of preference, then select "Persons with disabilities" from "Information For" column on the left.

Information on both the Disability Tax Credit and Child Disability Benefit, either of which may be available to parents who support a child or children who have a severe and prolonged mental or physical impairment.

Epilepsy Association of Nova Scotia
5880 Spring Garden Road, Suite 306
Halifax, NS B3H 1Y1
429-2633
1 (866) EPILEPSY (374-5377) (toll free)
Fax: 425-0821
info@epilepsyns.com
www.epilepsyns.com

Provides information and resources to people with epilepsy and their families.

Equal Education Association of Nova Scotia
860-1759
info@eeans.com
www.eeans.com

Non-profit association that advocates educational rights on

behalf of all children with learning disabilities in Nova Scotia.

Fundy Help Hearing Association
Colchester Regional Hospital
207 Willow Street
Truro, NS B2N 5A1
893-5512

Provides support and resources, and promotes public awareness of the needs of people with hearing difficulties.

Learning Disabilities Association of Nova Scotia
46 Portland Street, Suite 601
Dartmouth, NS B2Y 1H4
423-2850
Fax: 423-2834
info@ldans.ca
www.ldans.nsnet.org

Offers advocacy, support, and referral services to children, parents, adults, and others dealing with learning disabilities.

Maggie's Place: A Resource Centre for Families (Colchester)
129 Arthur Street
Truro, NS B2N 1Y2
895-0200
Fax: 897-0127
info@maggiesplace.ca
www.maggiesplace.ca

Various parenting programs and playgroups for young children. Prenatal and newborn support.

Maggie's Place: A Resource Centre for Families (Cumberland)
12 LaPlanche Street
PO Box 1149
Amherst, NS B4H 4L2
667-7250
Fax: 667-0585
maggies@ns.sympatico.ca
www.maggiesplace.ca

Various parenting programs and playgroups for young children. Prenatal and newborn support.

Mariposa Reading Achievement Centre Ltd.
62A Dominion Street
Truro, NS B2N 3P1
893-2646
Fax: 895-9666
www.mariposa-reading.com

Reading therapy program in both English and French.

Maritime Dyslexia Correction Centre
802 Prince Street, Suite 202
Truro, NS B2N 1H1
895-9015
Fax: 895-9016
www.maritimedcc.com

Serves ages seven and older.

Newborn Hearing Screening Program—IWK
5850/5980 University Avenue
PO Box 3070
Halifax, NS B3J 3G9
470-7146
Fax: 470-7950
nshgrace@nshsc.ns.ca

www.nshsc.ns.ca

Provides early detection and treatment of hearing disorders.

North-East Speech-Language Associates (NESLA)
57 Willowdale Lane
Antigonish, NS B2G 2J1
867-1984
Cell: 870-0408
Fax: 867-1104
Karen Hughes, certified speech-language pathologist,
nesla@eastlink.ca
www.shans.ca

Speech-language assessment and therapy.

Northern Region Respite Services
224 Temperance Street
New Glasgow, NS B2H 3B4
752-1755
Fax: 752-4256
nrrs@eastlink.ca
www.nsnet.org/hcrs

Provides respite for families who have children with special needs and intellectual disabilities.

Nova Scotia Disabled Persons Commission
Dartmouth Professional Centre
277 Pleasant Street, Suite 104
Dartmouth, NS B2Y 4B7
424-8280
1 (800) 565-8280 (toll free within Nova Scotia)
www.gov.ns.ca/disa

Gives people with disabilities a way to participate in the provincial government policy-making process, and advises policy-makers and program-developers about the needs of people with disabilities and the issues and concerns that affect the lives of people with disabilities.

Nova Scotia Hearing and Speech Centres—Amherst
18 South Albion Street
Amherst, NS B4H 2W3
667-1141
Fax: 667-2153
Karen Smith, secretary,
ksmith@nshsc.ns.ca
www.nshsc.ns.ca

Services for children and adults with any speech, hearing, or language disorder.

Nova Scotia Hearing and Speech Centres—Antigonish
St. Martha's Regional Hospital
23 Bay Street, First Floor—Martha Centre
Antigonish, NS B2G 2G7
867-4197
Fax: 863-2245
Daphne Seruntine, secretary,
daphne.seruntine@gasha.nshealth.ca
www.nshsc.ns.ca

Services for children and adults with any speech, hearing, or language disorder.

Nova Scotia Hearing and Speech Centres—New Glasgow
Site 1: 112 Provost Street
New Glasgow, NS B2H 2P4
755-8858
Fax: 752-2596.

Site 2: Aberdeen Professional Centre
835 East River Road, Main Floor
New Glasgow, NS B2H 3S6
752-7600, ext. 2520
Fax: 752-2596
www.nshsc.ns.ca

Services for children and adults with any speech, hearing, or language disorder.

Nova Scotia Hearing and Speech Centres—Pictou
Sutherland Harris Memorial Hospital
222 Haliburton Road, Main Entrance
Pictou, NS B0K 1H0
485-2318
Fax: 485-8835
www.nshsc.ns.ca

Services for children and adults with any speech, hearing, or language disorder. Open for service on Wednesdays only.

Nova Scotia Hearing and Speech Centres—Springhill
All Saints Hospital
10 Princess Street
Springhill, NS B0M 1X0
597-3773
www.nshsc.ns.ca

Services for children and adults with any speech, hearing, or language disorder.

Nova Scotia Hearing and Speech Centres—Truro
Colchester Regional Hospital
207 Willow Street
Truro, NS B2N 5A1
893-5512
Fax: 893-0151
www.nshsc.ns.ca

Services for children and adults with any speech, hearing, or language disorder. Open for service on Monday, Tuesday, and Thursday mornings.

Pictou County Health Authority
Aberdeen Hospital
835 East River Road
New Glasgow, NS B2H 3S6
755-1137 (Monday to Friday, 8:30 am to 4:30 pm; voicemail unavailable)
752-7600 (after-hours, non-emergency—Aberdeen Hospital switchboard)
Fax: 928-0297

Provincial Autism Centre
1456 Brenton Street
Halifax, NS B3J 2K7
446-4995
1 (877) 544-4495 (toll free)
Fax: 446-4997
info@autismcentre.ns.ca
www.autismcentre.ns.ca

Provides information on autism spectrum disorders. For a yearly fee of $10, anyone throughout the province can receive resource books by mail on a temporary basis.

reachAbility
6389 Coburg Road, Suite 307
Halifax, NS B3H 2A5
429-5878
Fax: 429-5858
info@reachability.org
www.reachability.org

A non-profit organization in Nova Scotia that works to improve access to justice, equality, and human rights for people living with disabilities and for those within their support system.

Society of Deaf and Hard of Hearing Nova Scotians
1657 Barrington Street, Suite 117
Halifax, NS B3J 2A1
422-7130 (voice, videophone, TTY)
Fax: 492-3864
1 (800) 516-5551 (toll free within Nova Scotia)
sdhhns@ns.sympatico.ca
www.sdhhns.org

Provides services to people who are deaf or hard of hearing, as well as hearing parents of children who are deaf.

Special Olympics Nova Scotia
5516 Spring Garden Road, Suite 305
Halifax, NS B3J 1G6
1 (866) 299-2019 (toll free)
Fax: 425-5606
www.sons.ca

Non-profit organization dedicated to providing year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability.

Spina Bifida and Hydrocephalus Association of Nova Scotia
PO Box 341
Coldbrook, NS B4R 1B6
679-1124
1 (800) 304-0450 (toll free)
Fax: 679-1433
spina.bifida@ns.sympatico.ca
www.sbhans.ca

Provides services to individuals with spina bifida and hydrocephalus and their families.

Other Informational Resources

Adopt—Assistance, Information, Support
www.adopting.org

American website with useful articles and information.

Adoption Council of Canada
1 (888) 542-3678 (toll free)
www.adoption.ca

Website with useful articles and information.

Adoption Support Group of Antigonish
Bernita Dorion
386-2174
bernita_dorion@hotmail.com

This group welcomes both domestic and international adoptive parents to their group.

Adoptive Families Association of BC
www.bcadoption.com/default.asp

Website with useful articles and information

Antigonish Library
274 Main Street
Antigonish, NS B2G 2C4
863-4276

Association of Black Social Workers
6414 Coburg Road
Halifax, NS B3H 3J5
Wanda Thomas Bernard, president,
wanda.bernard@dal.ca
494-1190
www.nsasw.org: Follow the ABSW link.

Black Cultural Centre for Nova Scotia
1149 Main St
Dartmouth, NS B2Z 1A8
434-6223; Fax: 434-2306;
contact@bccns.com; www.bccns.com
Is dedicated to the preservation and promotion of Canadian Black Culture.

Caregivers Nova Scotia
7001 Mumford Road
Tower 1, Suite 105
Halifax, NS B3L 4N9
421-7390
Fax: 421-7338
info@caregiversns.org
www.caregiversns.org
Provides information and support to caregivers of those with disabilities and chronic illness.

Child Help Initiative Program (CHIP)
PO Box 1320
Truro, NS B2N 5N2
843-3551
1 (800) 565-4372 (toll free)
Fax: 843-3552
caringconnection@eastlink.ca
www.ncns.ca
Program for Mi'kmaq parents and their children who live off-reserve throughout the province of Nova Scotia.

Colchester-East Hants Public Library—Truro Branch
754 Prince Street
Truro, NS B2N 1G9
895-0235
1 (888) 632-9088 (toll free within Atlantic Canada)
Fax: 895-7149
anstc@nstc.library.ns.ca
cehlibrary.ednet.ns.ca

Community Access Program—c@p
1 (800) 575-9200 (toll free)
http://cap.ic.gc.ca
Sites with free access to computers and the Internet.

Confederacy of Mainland Mi'kmaq
PO Box 1590
57 Martin Crescent
Truro, NS B2N 5V3
895-6385
Fax: 893-1520
www.cmmns.com

Federation of Foster Families of Nova Scotia
99 Wyse Road, Suite 350
Dartmouth, NS B3A 4S5
424-3071
1 (888) 845-1555 (toll free)
Fax: 424-5199
Carol Cole, administrative assistant—operations, colecf@gov.ns.ca
www.fosterfamilies.ns.ca
Provides support for foster families.

Kids First Association
PO Box 966
New Glasgow, NS B2H 5K7
755-1213
Fax: 755-1630
Michelle Ward, executive director,
mward@kids1st.ca

Oversees three Kids First Family Resource Centres in Antigonish, Guysborough, and Pictou County. Offers programs and services for families. Supports children ages zero to six years.

Kids First Family Resource Centre (Antigonish)
27 St. Andrew's Street
Antigonish, NS B2G 2G9
863-3848
Fax: 863-3857
antigonish@kids1st.ca

Supports the health and well-being of children ages zero to six years, and their parents and caregivers. Children's play area. Drop-in, support, information and education, referrals, adult and children programs, and healthy snacks.

Kids First Family Resource Centre (Guysborough)
105 Queen Street
Guysborough, NS B0H 1N0
533-3881
Fax: 533-2456
guysborough@kids1st.ca

Supports the health and well-being of children ages zero to six years, and their parents and caregivers. Children's play area. Drop-in, support, information and education, referrals, adult and children programs, and healthy snacks.

Kids First Family Resource Centre (Pictou County)
PO Box 966
New Glasgow, NS B2H 5K7
755-1213
pictou@kids1st.ca

Supports the health and well-being of children ages zero to six years, and their parents and caregivers. Children's play area. Drop-in, support, information and education, referrals, adult and children programs, and healthy snacks.

Kids Help Phone
3433 Dutch Village Road
Halifax, NS B3N 2S7
457-4779 (regional office)
1 (800) 668-6868 (toll-free helpline)
Fax: 457-1074
atlantic@kidshelpphone.ca
www.kidshelpphone.ca

Canada's only toll-free, 24-hour, bilingual, and anonymous phone and web counselling, referral, and information service for children and youth.

Maggie's Place: A Resource Centre for Families (Colchester)
129 Arthur Street
Truro, NS B2N 1Y2
895-0200
Fax: 897-0127
info@maggiesplace.ca
www.maggiesplace.ca

Various parenting programs and playgroups for young children. Prenatal and newborn support.

Maggie's Place: A Resource Centre for Families (Cumberland)
12 LaPlanche Street
PO Box 1149
Amherst, NS B4H 4L2
667-7250
Fax: 667-0585
maggies@ns.sympatico.ca
www.maggiesplace.ca

Various parenting programs and playgrounds for young children. Prenatal and newborn support.

North American Council on Adoptable Children
www.nacac.org

Website with resources and articles of interest; American organization but with Canadian board members.

Nova Scotia Association of Social Workers
Plaza 1881, 1891 Brunswick Street, Suite 106
Halifax, NS B3J 2G8
429-7799; Fax: 429-7650
nsasw@nsasw.org
www.nsasw.org

Promotes and regulates the practice of social work and helps its members to offer a high standard of service that respects diversity, promotes social justice, and enhances the worth, self-determination, and potential of individuals, families, and communities.

Nova Scotia Community Organization Network (NSNET)
PO Box 128
Waterville, NS B0P 1V0
538-3103, ext. 112; Fax: 538-7022
trc@nsnet.org
www.nsnet.org

Provides links to websites of Nova Scotian community organizations.

Nova Scotia Human Rights Commission—New Glasgow Office
2651 Westville Road, RR 3
PO Box 728
New Glasgow, NS B2H 5C6
752-3086; Fax: 755-7239
hrcinquiries@gov.ns.ca
www.gov.ns.ca/humanrights

Addresses complaints of discrimination and provides cultural diversity training.

Nova Scotia League for Equal Opportunities
5251 Duke Street, Suite 1211
Halifax, NS B3J 1P3
455-6942
1 (866) 696-7536 (toll free)
Fax: 454-4781
nsleo@eastlink.ca
www.novascotialeo.org

Advocacy organization working on behalf of people with disabilities.

Nova Scotia Youth Help Line
5670 Spring Garden Road
Halifax, NS B3J 1H6
420-8336 (24-hour crisis line)
1 (800) 420-8336 (toll-free, 24-hour crisis line)

Fax: 423-3240

Peer counselling nightly from 6 pm to 10 pm. Open 24 hours for emergencies.

Passport Canada—Halifax Office
1505 Barrington Street, Suite 1508
Halifax, NS B3J 3K5
1 (800) 567-6868 (toll free)
Fax: 426-4620

Pictou-Antigonish Regional Library
182 Dalhousie Street
PO Box 276
New Glasgow, NS B2H 5E3
755-6031
1 (866) 779-7761 (toll free)
Fax: 755-6775
info@parl.ns.ca
www.parl.ns.ca

Pictou County Help Line
75 Lavinia Street, Suite 119
New Glasgow, NS B2H 1N5
752-5952

Helpline available from noon to midnight.

Pictou Landing Band Council
Site 6, Box 55, RR 2
Trenton, NS B0K 1X0
752-4912
Fax: 755-4715

PFLAG (Parents, Families and Friends of Lesbians and Gays)
1633 Mountain Road, Box 29211
Moncton, NB E1G 4R3
French Support Line:
1 (888) 530-6483 (toll free)
(506) 869-8191
Fax: (506) 387-8349
execdirector@pflagcanada.ca.

PFLAG Canada is Canada's only national organization that helps all Canadians who are struggling with issues of sexual orientation and gender identity. PFLAG Canada supports, educates and provides resources to parents, families, friends and colleagues with questions or concerns, 24 hours a day, 7 days a week.

St. John Ambulance—Main Branch
88 Slayter Street
Dartmouth, NS B3A 2A6
463-5646
1 (800) 565-5056 (toll free)
Fax: 469-9609
info@stjohnambulance.ns.ca
www.sja.ca
www.sja.ca/ns

Provides first aid training.

Solo Creek Farm
Truro, Nova Scotia,
899-8595 or 679-8904
jlmcnutt@dal.ca.

Equine Assisted Treatment and Learning is a therapeutic experience using horses to help individuals with mental health related difficulties build life long skills, gain self understanding and personal growth. The program is for children, youth and adults experiencing attention problems, low self esteem, depression, anxiety, stress, grief, chemical and alcohol abuse.

WESTERN REGION

Advocacy

Accessible Nova Scotia
1 (866) 696-7536 (toll free)
info@accessiblens.ca
www.accessiblens.ca

A group of individuals, businesses, government representatives, and organizations who share a common vision of Nova Scotia as an accessible destination for both residents and visitors.

Deafness Advocacy Association of Nova Scotia
1660 Hollis Street, Suite 803
Halifax, NS B3J 1V7
425-0240
TTY/videophone: 425-0119
Fax: 429-9312
daans@ns.sympatico.ca

Promotes rights, needs, and equal access for deaf and hard of hearing Nova Scotians.

Early Intervention Nova Scotia—Partnerships for Inclusion
95 College Street, Suite 203
Antigonish, NS B2G 1X6
863-3556
Carolyn Webber, project manager, 863-6958
partnerships@ns.aliantzinc.ca
www.earlyintervention.net: Click "Resources" tab on top menu and then scroll down to "Partnerships for Inclusion Program" section.

Project devoted to including more children with special needs in child-care centres through a quality enhancement process.

Equal Education Association of Nova Scotia
860-1759
info@eeans.com
www.eeans.com

Non-profit association that advocates educational rights on behalf of all children with learning disabilities in Nova Scotia.

Nova Scotia Disabled Persons Commission
Dartmouth Professional Centre
277 Pleasant Street, Suite 104
Dartmouth, NS B2Y 4B7
424-8280
1 (800) 565-8280 (toll free within Nova Scotia)
www.gov.ns.ca/disa

Gives people with disabilities a way to participate in the provincial government policy-making process, and advises policy-makers and program-developers about the needs of people with disabilities and the issues and concerns that affect the lives of people with disabilities.

SpeciaLink: The National Centre for Child Care Inclusion
76 Cottage Road
PO Box 775
Sydney, NS B1P 6G9
562-1662
1 (866) 902-6333 (toll free)
Fax: 539-9117
www.specialinkcanada.org

Increases quality and quantity of opportunities for young children with disabilities to fully participate in community programs.

Child Development

APSEA—Preschool and Parent Education Program/Itinerant Services for the Deaf and Hard of Hearing
RR # 2
Bridgewater, NS B4V 2W1
541-8237
Fax: 541-8221
Joanne Renauld, teacher of the deaf and hard of hearing,
joanne_renauld@apsea.ca
Jean Rowe, teacher of the deaf and hard of hearing,
jean_rowe@apsea.ca
www.apsea.ca

Services for children from birth to 21 years.

Bridgewater Day Care Centre
87A Hillcrest Street
Bridgewater, NS B4V 1T2
543-7280
Fax: 543-0170

Has subsidized spaces. Ages four months to 10 years.

Bright Beginnings Early Intervention Program
10 Middle Road, RR #1
Lawrencetown, NS B0S 1M0
584-2000
Fax: 584-3099
bbeip@ns.aliantzinc.ca
www.nsnet.org/bbeip/

Services for children who are developmentally delayed or at risk of delay. Ages zero to six years.

Bye the Sea Nursery School
26 Lincoln Street
Lunenburg, NS B0J 2C0
634-4789
Fax: 634-8322

Ages two and a half to school age.

Child Care Connection Nova Scotia
1200 Tower Road, Suite 100
Halifax, NS B3H 4K6
423-8199
1 (800) 565-8199 (toll free)
Fax: 492-8106
info@cccns.org
www.cccns.org

Resource library and referrals based on specific child-care issues. Website allows search of facilities by region.

Digby & Area Early Intervention Program
19 Victoria Avenue, Unit 4
PO Box 129
Weymouth, NS B0W 3T0
837-7315

Fax: 837-7130
deip@ns.aliantzinc.ca

Services and support for families of children between birth and school age who are developmentally delayed or at risk of delay. Workshops provided for staff and parents.

Digby Preschool Co-op
PO Box 688
Digby, NS B0V 1A0
245-5780
Has subsidized spaces.

First Steps Early Intervention Program
45 School Street, Suite 201
PO Box 640
Mahone Bay, NS B0J 2E0
531-3500
Fax: 531-3501
firststeps@eastlink.ca
www.nsnet.org/lunenburg

Services for children who are developmentally delayed or at risk of delay.

Healthy Beginnings
Yarmouth Regional Hospital
60 Vancouver Street
Yarmouth, NS B5A 2P5
742-7141

Note that there is criteria for screening into this program.

Learning Grove Childcare Centre
121 Victoria Street
PO Box 968
Digby, NS B0V 1A0
245-4875
learninggrove@ns.aliantzinc.ca
www.dala.digby.ns.ca

Provides high-quality early education and childcare programs.

Lunenburg Day Care Centre
26 Lincoln Street
Lunenburg, NS B0J 2C0
634-4789
Fax: 634-8322
ldcc@ns.sympatico.ca

Has subsidized spaces. For children ages three months to 12 years.

Orchards Away Day Care Centre & Nursery School
Physical address:
243 Commercial Street
Berwick, NS
Mailing address:
57 Douglas Avenue
Berwick, NS B0P 1E0
538-7790

Day care, nursery school, and after-school program. For children ages 18 months to 12 years. Accepting children with special needs.

Queens Early Childhood Development Association
179 School Street
PO Box 1689
Liverpool, NS B0T 1K0
354-5890
Fax: 354-5004
queenseip@ns.aliantzinc.ca
www.earlyintervention.net/queens/

Services for children (infants, toddlers, and preschoolers) who are

developmentally delayed or at risk of delay.

Shelburne County Early Childhood Development Association
PO Box 9
Shelburne, NS B0T 1W0
875-4067
Fax: 875-4094
scecda@ns.sympatico.ca
www.nsnet.org/shelburne
Services for children who are developmentally delayed or at risk of delay.

Small World Learning Centre
115 Pleasant Street
Bridgewater, NS B4V 1N3
543-9840
smallworld@ns.aliantzinc.ca
www.smallworldbridgewater.com
Early childhood education centre. Preschool, after-school, and summer/in-service/holiday programs.

Southwest Early Childhood Intervention
58 Vancouver Street, Suite 207
Yarmouth, NS B5A 2P5
742-3366
Fax: 742-1984
southwesteip@eastlink.ca
www.nsnet.org/yarmouth
Services for children who are developmentally delayed or at risk of delay.

Through the Years Daycare and Community Centre
419 Highway #329, RR #2
Hubbards, NS B0J 1T0
857-1777
throughtheyears-director@hotmail.com
Child care for ages 18 months to 12 years.

Valley Child Development Association
Early Intervention Program
PO Box 63
Kentville, NS B4N 3V9
678-6111
Fax: 678-6112
vcda@ns.aliantzinc.ca
www.nsnet.org/vcda
Services for children who are developmentally delayed or at risk of delay. Ages zero to five years, with special focus on behavioural intervention, fetal alcohol syndrome, autism, and ADHD.

Wee Weymouth Kindergarten and Day Care
4331 Highway #1
Weymouth, NS B0W 3T0
837-1134
Provincially licensed day-care facility. Portable subsidies available. Ages 18 months to 12 years.

Windsor Nursery School
122 Cottage Street
PO Box 102
Windsor, NS B0N 2T0
798-3280

windsornurseryschool@gmail.com

Note: Civic location (122 Cottage Street) is in Currys Corner. Academic nursery school. Parent co-operative. Classes for four-year-olds three mornings a week. Classes for three-year-olds two afternoons a week.

Wolfville Children's Centre
PO Box 1232
Wolfville, NS B0P 1X0
542-5087
www.nsnet.org/wolfvillechildrenscentre/

Child care and after-school program for children ages three months to 12 years. Children with special needs welcome.

Education

Annapolis Valley Regional School Board
121 Orchard Street
PO Box 340
Berwick, NS B0P 1E0
538-4600
1 (800) 850-3887 (toll free)
Fax: 538-4630
www.avrsb.ednet.ns.ca

APSEA (Atlantic Provinces Special Education Authority)
5940 South Street
Halifax, NS B3H 1S6
424-8500
Fax: 424-0543
www.apsea.ca

Serves children and youth who are deaf, hard of hearing, deafblind, blind, or visually impaired.

APSEA—Services for students who are blind or visually impaired.
John McConnell, director, mcconnellj@apsea.ca

APSEA—Services for students who are deaf or hard of hearing.
Joan Skinner, director, skinnerj@apsea.ca

Conseil Scolaire Acadien Provincial—Acadian Provincial School Board
CP 88
Saulnierville, NE B0W 2Z0
9248 Route 1, La Butte
Meteghan River, NE B0W 2L0
769-5458
1 (888) 533-2727 (toll free)
Fax: 769-5459
www.csap.ednet.ns.ca

School board responsible for administration of French Acadian schools in the province.

Equal Education Association of Nova Scotia
860-1759
info@eeans.com
www.eeans.com

Non-profit association that advocates educational rights on behalf of all children with learning disabilities in Nova Scotia.

In-School Mentor Program
Big Brothers Big Sisters Association
93 Dufferin Street

Bridgewater, NS B4V 2G4
543-4435 or 354-5517
Fax: 543-8571
southshorebbbs@ns.sympatico.ca
www.bigbrothersbigsisters.ca/southshore

A joint project of the local Big Brothers Big Sisters Association and the South Shore District School Board. Offers opportunities for children to benefit from a one-on-one relationship with a caring, reliable adult or youth.

Landmark East School
708 Main Street
Wolfville, NS B4P 1G4
542-2237
1 (800) 565-5887 (toll free)
Fax: 542-4147
Graydon Mitchell, director of admissions, gmitchell@landmarkeast.org
www.landmarkeast.org

Boarding and day school for children with learning disabilities.

South Shore Regional School Board
130 North Park Street
Bridgewater, NS B4V 4G9
543-2468
1 (888) 252-2217 (toll free)
Fax: 541-3051
Paul Shields, communications officer, pshields@ssrsb.ca
www.ssrsb.ca

Tri-County Regional School Board
79 Water Street
Yarmouth, NS B5A 1L4
749-5696
1 (800) 915-0113 (toll free)
Fax: 749-5697
tcrsb@tcrsb.ca
www.tcrsb.ca

Financial Services

Canada Revenue Agency
Ralston Building
1557 Hollis Street
PO Box 638
Halifax, NS B3J 2T5
1 (800) 387-1193 (toll free)
Fax: 426-7170
www.cra-arc.gc.ca

Provides information on child and family tax benefits.

Nova Scotia Department of Community Services—Income Assistance
PO Box 2561
Halifax, NS B3J 3N5
1 (877) 424-1177 (toll free)
424-4150
Fax: 424-0578
www.gov.ns.ca/coms: Select "Employment Support & Financial Assistance" and then "Income Assistance" from the Programs section.

Provides income assistance to those in need.

Government Agencies and Departments

Access Nova Scotia—Bridgewater
Service Nova Scotia and Municipal Relations
80 Logan Road
Bridgewater, NS B4V 3J8
1 (800) 670-4357 (toll free)
askus@gov.ns.ca
www.gov.ns.ca/snsmr

Provides hands-on information, forms, applications, and various services, which vary from centre to centre.

Access Nova Scotia—Kentville
Service Nova Scotia and Municipal Relations
28 Aberdeen Street
Kentville, NS B4N 2N1
1 (800) 670-4357 (toll free)
askus@gov.ns.ca
www.gov.ns.ca/snsmr

Provides hands-on information, forms, applications, and various services, which vary from centre to centre.

Access Nova Scotia—Yarmouth
Service Nova Scotia and Municipal Relations
Provincial Building
10 Starrs Road, Suite 127
Yarmouth, NS B5A 2T1
1 (800) 670-4357 (toll free)
askus@gov.ns.ca
www.gov.ns.ca/snsmr

Provides hands-on information, forms, applications, and various services, which vary from centre to centre.

Annapolis County
752 St. George Street
PO Box 100
Annapolis Royal, NS B0S 1A0
532-2331
Fax: 532-2096
admin@annapoliscounty.ns.ca
www.annapoliscounty.ns.ca

Indian and Northern Affairs, Adoption Team
Indian Registration and Band List
Department of Indian and Northern Development
Ottawa, Ontario K1A 0H4
1 (800) 567-9604 or 1 (819) 953-0960
infopubs@ainc-inac.gc.ca

Adoptees wishing to apply for native status must write to the above address.

Mi'kmaq Family and Children's Services of Nova Scotia
111 Membertou Street
PO Box 179
Shubenacadie, NS B0N 2H0
758-3553
1 (800) 263-8686 (toll free)
Fax: 758-2390

Municipality of Clare
PO Box 458
Little Brook, NS B0W 1Z0
769-2031
Fax: 769-3773
council@municipality.clare.ns.ca
www.clarenovascotia.com

Municipality of Digby
12548 Highway #217
PO Box 429
Digby, NS B0V 1A0
245-4777
Fax: 245-5748
www.municipalities.com/digby

Municipality of East Hants
2361 Highway #2
Milford, NS
PO Box 190
Shubenacadie, NS B0N 2H0
758-2299
Fax: 758-3497
www.easthants.ca

Municipality of the County of Kings
87 Cornwallis Street
PO Box 100
Kentville, NS B4N 3W3
678-6141
Fax: 679-2820
www.county.kings.ns.ca

Municipality of the District of Barrington
2447 Highway #3
PO Box 100
Barrington, NS B0W 1E0
637-2015
Fax: 637-2075
munbar@eastlink.ca
www.barringtonmunicipality.com

Municipality of the District of Lunenburg
210 Aberdeen Road
Bridgewater, NS B4V 4G8
543-8181
Fax: 543-7123
www.modl.ca

Municipality of the District of Shelburne
136 Hammond Street
PO Box 280
Shelburne, NS B0T 1W0
875-3544
Fax: 875-1278
infoofficer@municipalityofshelburne.ca
www.municipalityofshelburne.ca

Municipality of the District of West Hants
76 Morison Drive
PO Box 3000
Windsor, NS B0N 2T0
798-8391
Fax: 798-8553
west.hants@westhants.ca
www.westhants.ca

Municipality of the District of Yarmouth
Court House
403 Main Street
PO Box 152
Yarmouth, NS B5A 4B2
742-7159
Fax: 742-3164
admin@district.yarmouth.ns.ca
www.district.yarmouth.ns.ca

Nova Scotia Department of Community Services—Adoption Disclosure Service Program
PO Box 696
Halifax, NS B3J 2T7
424-2755

Fax: 424-7529
www.gov.ns.ca/coms: Select "Support for Children, Youth & Families," then "Adoption," and then "Adoption Disclosure."

Maintains a Passive Adoption Registry and conducts searches for adoptees and birth families. Assists with issues related to Adoption Information Act.

Nova Scotia Department of Community Services—Annapolis District Office
5495 Granville Road
Granville Ferry, NS B0S 1A0
532-2337 (general inquiries)
Fax: 532-3401
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Digby District Office
84 Warwick Street
PO Box 399
Digby, NS B0V 1A0
245-5811 (child welfare services and general inquiries)
Fax: 245-4121
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—East Hants (Elmsdale)
15 Commerce Court, Suite 130
Elmsdale, NS B2S 3K5
1 (866) 597-4515 (toll free)
Fax: 883-3534

Nova Scotia Department of Community Services—Family and Community Supports Division
Nelson Place
5675 Spring Garden Road, 5th Floor
PO Box 696
Halifax, NS B3J 2T7
1 (866) 259-7780 (toll-free number for Nova Scotia Adoption Information Line)
424-4279
Fax: 424-0708
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Hants District Office
80 Water Street
PO Box 2350
Windsor, NS B0N 2T0
798-8319 (general inquiries)
Fax: 798-6605
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Kings District Office #1
10 Webster Street, Suite 202
Kentville, NS B4N 1H7
679-5146 (general inquiries)
Fax: 678-3072
www.gov.ns.ca/coms

Prevention, eligibility review, community supports for adults, in-home support for children, and foster care coordinator.

Nova Scotia Department of Community Services—Kings District Office #2
76 River Street
Kentville, NS B4N 1G9
678-6176 (general inquiries)
Fax: 679-6242

Day care, income assistance, and employment supports.

Nova Scotia Department of Community Services—Lunenburg District Office
Provincial Building
99 High Street, Suite 105
Bridgewater, NS B4V 1V8
543-5527 (general inquiries)
543-4554 (child welfare services)
Fax: 543-6186
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Queens District Office
123 Henry Hensey Drive
PO Box 1360
Liverpool, NS B0T 1K0
354-2771 (general inquiries)
Fax: 354-7460
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Shelburne District Office
PO Box 9
Barrington, NS B0W 1E0
637-2335 (general inquiries)
637-2337 (child welfare services)
Fax: 637-2137
www.gov.ns.ca/coms

Nova Scotia Department of Community Services—Western Regional Office
10 Webster Street, Suite 202
Kentville, NS B4N 1H7
679-6715
Fax: 679-6127
www.gov.ns.ca/coms

Nova Scotia Dept of Community Services—Regional Resources, Western Region
678-5119
mylesrp@gov.ns.ca

Using PRIDE core in-service Modules, the program provides competency based training to foster and adoptive resource families designed to strengthen foster and adoptive care. PRIDE Core builds upon competencies learned in PRIDE Pre-service training. For more info on Module descriptions, topics, key concepts, and registration please visit www.gov.ns.ca/coms/families/fostercare/ ; PRIDE training schedule.

Nova Scotia Department of Community Services—Yarmouth District Office
10 Starrs Road
Yarmouth, NS B5A 2T1
742-0741 (general inquiries)
Fax: 742-0747
www.gov.ns.ca/coms

Nova Scotia Office of the Ombudsman
5670 Spring Garden Road, Suite 700
PO Box 2152
Halifax, NS B3J 3B7

424-6780
1 (800) 670-1111 (toll free)
Fax: 424-6675
ombudsman@gov.ns.ca
www.gov.ns.ca/ombu

Handles complaints against provincial and municipal government agencies and departments.

Region of Queens Municipality
249 White Point Road
PO Box 1264
Liverpool, NS B0T 1K0
354-3453
Fax: 354-7473
info@regionofqueens.com
www.regionofqueens.com

Service Canada Call Centre
1 (800) O CANADA (622-6232) (toll free)
TTY: 1 (800) 926-9105 (toll free)
Fax: (613) 941-1827
www.canada.ca

Primary access point to find information on federal government services.

Service Canada—Bridgewater Office
77 Dufferin Street
PO Box 3100
Bridgewater, NS B4V 3J1
527-5524
TTY: 1 (800) 537-9573 (toll free)
Fax: 527-5570
www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Digby Office
Maud Lewis Provincial Building
84 Warwick Street
Digby, NS B0V 1A0
245-4784
TTY: 1 (800) 537-9573 (toll free)
Fax: 245-6226
www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Kentville Office
Federal Building
495 Main Street, 2nd Floor
Kentville, NS B4N 3W5
679-5772
TTY: 1 (800) 537-9573 (toll free)
Fax: 679-5786
www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Shelburne Office
218 Water Street
Shelburne, NS B0T 1W0
875-3940
TTY: 1 (800) 537-9573 (toll free)
Fax: 875-3505
www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Yarmouth Office
13 Willow Street, 2nd Floor
Yarmouth, NS B5A 4B2
742-6178

TTY: 1 (800) 537-9573 (toll free)
Fax: 742-0815
www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Nova Scotia and Municipal Relations—Public Enquiries
Mailroom, 8 South, Maritime Centre
1505 Barrington Street
Halifax, NS B3J 3K5
424-5200
1 (800) 670-4357 (toll free)
Fax: 424-0720
askus@gov.ns.ca
www.gov.ns.ca/snsmr/secure/contact/Default.asp?bhcp=1

Information on provincial government programs, policies, and initiatives.

Town of Berwick
236 Commercial Street
PO Box 130
Berwick, NS B0P 1E0
538-8068
Fax: 538-3724
general@town.berwick.ns.ca
www.town.berwick.ns.ca

Town of Bridgetown
271 Granville Street
PO Box 609
Bridgetown, NS B0S 1C0
665-4637
Fax: 665-5011
info@town.bridgetown.ns.ca
www.town.bridgetown.ns.ca

Town of Bridgewater
60 Pleasant Street
Bridgewater, NS B4V 3X9
543-4651
Fax: 543-6876
admin@bridgewater.ca
www.bridgewater.ca

Town of Digby
147 First Avenue
PO Box 579
Digby, NS B0V 1A0
245-4769
Fax: 245-2121
www.townofdigby.ns.ca

Town of Kentville
354 Main Street
Kentville, NS B4N 1K6
679-2500
Fax: 679-2375
info@town.kentville.ns.ca
www.town.kentville.ns.ca

Town of Lunenburg
119 Cumberland Street
PO Box 129
Lunenburg, NS B0J 2C0
634-4410
Fax: 634-4416
explorelunenburg@ns.sympatico.ca
www.explorelunenburg.ca

Town of Shelburne
168 Water Street
PO Box 670
Shelburne, NS B0T 1W0
875-2991
Fax: 875-3932
shelburnetown@ns.aliantzinc.ca
www.auracom.com/tnshelb

Town of Wolfville
359 Main Street
Wolfville, NS B4P 1A1
542-5767
Fax: 542-4789
www.town.wolfville.ns.ca

Town of Yarmouth
400 Main Street
Yarmouth, NS B5A 1G2
742-8565
Fax: 742-6244
administration@yarmouth-town.com
www.yarmouth-town.com

Village of Greenwood
904 Central Avenue
PO Box 1068
Greenwood, NS B0P 1N0
765-8788
Fax: 765-4369
greenwoodns@eastlink.ca
www.greenwoodnovascotia.com

Village of Port Williams
1045 Main Street
PO Box 153
Port Williams, NS B0P 1T0
542-4411
Fax: 542-4566
villageoffice@ns.aliantzinc.ca
www.portwilliams.com

International Services

Children of Choice Consulting
7071 Bayer's Road, Suite 325
Halifax, NS B3L 2C2
422-9881
Mary Miller, social work practitioner,
mfmiller@ns.sympatico.ca
Specializes in international adoptions.

Citizenship and Immigration Canada —Canada Immigration Centre
International Adoption Information
1 (888) 242-2100 (toll free)
TTY: 1 (888) 576-8502 (toll free)
www.cic.gc.ca: Enter into language of choice and then click on "International Adoption" under "Visas and Immigration."

Families with Children from China —Nova Scotia
Karn Nichols or Judy Little
479-2442
fccns@eastlink.ca
Volunteer organization that arranges activities to celebrate major Chinese holidays and runs a Chinese culture program for those who have adopted children from China or other Asian countries, or are in the process of doing so.

Family Foundations Consulting
P.O. Box 28042
Dartmouth, NS B2W 6E2
456-5053
Donelda MacDonald, social work practitioner
Provides post placement reports and post-adoption support with respect to adjustment and attachment issues.

Multicultural Association of Nova Scotia
1113 Marginal Road

Halifax, NS B3H 4P7
423-6534
Fax: 422-0881
admin@mans.ns.ca
www.mans.ns.ca

Information and advocacy for multicultural groups within Nova Scotia.

Nova Scotia Human Rights Commission
Provincial Building
84 Warwick Street
Digby, NS B0V 1A0
245-4791
Fax: 245-7103
hrcinquiries@gov.ns.ca
www.gov.ns.ca/humanrights

Addresses complaints of discrimination and provides cultural diversity training.

Legal Services

Bridgewater Justice Centre
599 King Street, Suite 201
Bridgewater, NS B4V 1B3
543-0525
Fax: 543-0678

Family Court.

Kentville Justice Centre
136 Exhibition Street
Kentville, NS B4N 4E5
679-6075
Fax: 679-6081

Family Court.

Legal Information Society of Nova Scotia
Lawyer Referral Service—
Dial-A-Law—Legal Info Line
5523B Young Street
Halifax, NS B3K 1Z7
455-3135 (legal information and lawyer referral service)
1 (800) 665-9779 (toll-free number for the above services)
454-2198 (administration, publications, and projects)
420-1888 (Dial-A-Law)
Fax: 455-3105
lisns@legalinfo.org
www.legalinfo.org

Services for people looking for lawyers or legal information in specific areas of law.

Nova Scotia Barristers' Society
Centennial Building
1645 Granville Street, Suite 1101
Halifax, NS B3J 1X3
422-1491
Fax: 429-4869
www.nsbs.org

Handles complaints against lawyers, and provides information to the public.

Nova Scotia Legal Aid—Annapolis
McCormick Building
253 St. George Street
PO Box 188
Annapolis Royal, NS B0S 1A0
532-2311
Fax: 532-7488

Provides legal assistance to those who qualify.

Nova Scotia Legal Aid—Bridgewater
724 King Street
Bridgewater, NS B4V 1B4
543-4658
Fax: 543-3044
Provides legal assistance to those who qualify.

Nova Scotia Legal Aid—Kentville
325 Main Street, Salon B
Kentville, NS B4N 1K5
679-6110
Fax: 679-6177
Provides legal assistance to those who qualify.

Nova Scotia Legal Aid—Windsor
138 Gerrish Street
PO Box 760
Windsor, NS B0N 2T0
798-8397
Fax: 798-8345
Provides legal assistance to those who qualify.

Nova Scotia Legal Aid—Yarmouth
101 Water Street, Pier 1 Complex
PO Box 163
Yarmouth, NS B5A 4B2
742-7827
1 (866) 742-3300 (toll free)
Fax: 742-0676
Provides legal assistance to those who qualify.

Nova Scotia Legal Aid Commission—Head Office
Office of the Executive Director
137 Chain Lake Drive, Suite 102
Halifax, NS B3S 1B3
420-6578
1 (877) 420-6578 (toll free)
Fax: 420-3471
nsla.exec@ns.sympatico.ca

Yarmouth Justice Centre
403 Main Street
Yarmouth, NS B5A 1G3
742-0550
Fax: 742-0678
Family Court.

Mental Health

Addiction Services—Fisherman's Memorial Hospital
14 High Street
PO Box 1180
Lunenburg, NS B0J 2C0
634-8801
www.ssdha.nshealth.ca/addictions.htm

Canadian Mental Health Association—Annapolis County Branch
PO Box 249, RR #4
Bridgetown, NS B0S 1C0
665-4801
Fax: 665-5084
chapelcreekgallery@ns.sympatico.ca
www.cmha.ca
Provides education and support to those with mental illness.

Canadian Mental Health Association—King's County Branch
49 Cornwallis Street, Suite 109
PO Box 894
Kentville, NS B4N 4H8
679-7464

Fax: 679-7470
programmanager@cmhakings.ns.ca
www.cmhakings.ns.ca

Provides education and support to those with mental illness.

Canadian Mental Health Association —Lunenburg County Branch
450 LaHave Street, Suite 17
Bridgewater, NS B4V 3T2
543-7082
Fax: 543-7082
cmha.lunenburg@gmail.com
www.cmha.ca

Provides education and support to those with mental illness.

Digby Mental Health Clinic
PO Box 249
Digby, NS B0V 1A0
245-4709
Fax: 245-2145
www.swndha.nshealth.ca

Provides mental health services for all ages.

Mental Health Services—Berwick
(Satellite of Kentville Mental Health Services)
121 Orchard Street
Berwick, NS B0P 1E0
678-2873 (child and youth mental health, Kentville clinic)

Must call the Kentville clinic for appointments and clinic hours.

Mental Health Services— Hants Community Hospital
89 Payzant Drive
Windsor, NS B0N 2T0
792-2042
Fax: 798-0709

Treatment for individuals with mental illness.

Mental Health Services—Kentville
AVH Chipman
15 Chipman Drive
Kentville, NS B4N 3V7
678-2873 (child and youth mental health)
Fax: 679-1766

Mental Health Services—Liverpool (Satellite Clinic)
Queen's General Hospital
175 School Street
Liverpool, NS B0T 1K0
354-2721
Note: The main clinic is in Bridgewater, and all referrals must go through this clinic. Call 527-5228.

Community support for groups and individuals. Adult and child services.

Mental Health Centre—Middleton
Soldier's Memorial Hospital
426 Main Street
PO Box 728
Middleton, NS B0S 1P0
825-4825; Fax: 825-5181
mentalhealth.smh@avdha.nshealth.ca
www.avdha.nshealth.ca

Mental health services for individuals or families.

Mental Health Services— South Shore Health
Dawson Centre, Level 2
197 Dufferin Street

Bridgewater, NS B4V 2G9
527-5228
Fax: 543-3120
www.mentalhealthsouthshore.ca

Mental health services for individuals and families.

Shelburne Mental Health Services
Roseway Hospital
1606 Lake Road
PO Box 610
Shelburne, NS B0T 1W0
875-4200
Fax: 875-3493
mentalhealth.rh@swndha.nshealth.ca
www.swndha.nshealth.ca/roseway.htm

Mental health services for individuals and families.

Yarmouth Mental Health Centre
Yarmouth Regional Hospital
60 Vancouver Street
Yarmouth, NS B5A 2P5
742-4222

Physical Health

Annapolis Community Health Centre
821 St. George Street
PO Box 426
Annapolis Royal, NS B0S 1A0
532-2381
Fax: 532-2113
www.avdha.nshealth.ca

Contains 24-hour emergency department.

Bear River and Area Community Health Clinic
1112 River Road
PO Box 85
Bear River, NS B0S 1B0
467-3611
Fax: 467-3339
bear.riverclinic@ns.sympatico.ca
www.bearriverandareaclinic.ca

Open weekdays from 8:30 am to 4 pm.

Brain Tumour Foundation of Canada
620 Colborne Street, Suite 301
London, ON N6B 3R9
1 (519) 642-7755
1 (800) 265-5106 (toll free)
Fax: 1 (519) 642-7192
braintumour@braintumour.ca
www.braintumour.ca

Brain tumour support group.

Capital Health—QEII Health Sciences Centre
Halifax Infirmary Building
1796 Summer Street
Halifax, NS B3H 3A7
473-2700
www.cdha.nshealth.ca: Select "Hospitals/Health Centres" on left menu and then "Queen Elizabeth II Health Sciences Centre."

The largest health sciences centre in Atlantic Canada.

Digby General Hospital
75 Warwick Street
PO Box 820
Digby, NS B0V 1A0

245-2501; Fax: 245-5517
www.swndha.nshealth.ca/dgh

Directory of Family Physicians Accepting New Patients
www.gov.ns.ca/health/physicians/physicians.asp
424-3047

Directory of French Speaking Primary Health Care Providers
www.gov.ns.ca/health/frhcp/

Doctors Nova Scotia
25 Spectacle Lake Drive
Dartmouth, NS B3B 1X7
468-1866
Fax: 468-6578
inquiries@doctorsns.com
www.doctorsns.com

Professional association of Nova Scotia's doctors.

Eastern Kings Memorial Community Health Centre
23 Earnscliffe Avenue
Wolfville, NS B4P 1X4
542-2266
Fax: 542-4619
www.avdha.nshealth.ca/ekm

Hants Community Hospital
89 Payzant Drive
Windsor, NS B0N 2T0
792-2000; Fax: 798-6002
www.cdha.nshealth.ca: Select "Hospitals/Health Centres" and then select Hants Community Hospital.

Contains 24-hour emergency department.

Health Canada
Maritime Centre
1505 Barrington Street, Suite 1525
Halifax, NS B3J 3Y6
426-2038
1 (866) 225-0709 (toll-free general inquiry line)
Fax: 426-3768
info@hc-sc.gc.ca
www.hc-sc.gc.ca

Deals with any matter within the jurisdiction of Health Canada.

Health Promotion Clearinghouse—Nova Scotia
City Centre Atlantic
1535 Dresden Row, Suite 209
Halifax, NS B3J 3T1
494-1917
1 (877) 890-5094 (toll free)
Fax: 494-3594
Caroline Ploem, manager,
hpc@dal.ca
www.hpclearinghouse.ca

Links people and organizations involved in health promotion in Nova Scotia to community resources and expertise.

IWK Health Centre
5850/5980 University Avenue
PO Box 9700
Halifax, NS B3K 6R8
470-8888 (switchboard)
Fax: 470-6790
feedback@iwk.nshealth.ca (general inquiries only)
www.iwk.nshealth.ca

Provides care to children, youth, women, and families.

IWK Health Centre—
Child Safety Link
5850/5980 University Avenue
PO Box 9700
Halifax, NS B3K 6R8
470-6496
1 (866) 288-1388 (toll free outside Halifax)
Fax: 470-6774
childsafetylink@iwk.nshealth.ca
www.childsafetylink.ca
Poison prevention information and other injury prevention information.

IWK Regional Poison Centre
5850 University Avenue
PO Box 9700
Halifax, NS B3K 6R8
FOR ALL POISON EMERGENCIES, DIAL 911 AND ASK TO SPEAK TO THE POISON CENTRE.
470-8161 (Halifax-only emergency line)
1 (800) 565-8161 (toll-free emergency line for rest of Nova Scotia)
Fax: 470-7213
Toll-free, 24-hour poison information service.

Lung Association of Nova Scotia—
Asthma Action Helpline
1 (800) 668-7682 (toll free in Nova Scotia)
info@ns.lung.ca
A toll-free helpline. Certified asthma educators are available weekdays during business hours to answer questions and provide advice on asthma.

Lung Association of Nova Scotia
Provincial Office
6331 Lady Hammond Road
Halifax, NS B3K 2S2
443-8141
Fax: 445-2573
info@ns.lung.ca
www.ns.lung.ca
Telephone service for people with asthma. Provides information. Not an emergency number.

Medical Services Insurance (MSI)
Physical location: 230 Brownlow Ave
Dartmouth, NS
Mailing address: PO Box 500
Halifax, NS B3J 2S1
496-7008
1 (800) 563-8880 (toll free)
Fax: 481-3160 (registration)
msienquiry@medavie.bluecross.ca
www.gov.ns.ca/health/msi.htm
Provides eligible residents with coverage for medically required health services.

Nova Scotia Department of Health
PO Box 488
Halifax, NS B3J 2R8
424-5818
1 (800) 387-6665 (toll free)
Fax: 424-0730
dohweb@gov.ns.ca
www.gov.ns.ca/health

Nova Scotia Rehabilitation Centre
1341 Summer Street
Halifax, NS B3H 1K1
473-2700 (main switchboard to all hospitals; you will have to tell the

operator which department or doctor you wish to speak with)
www.cdha.nshealth.ca: Click "Hospitals/Health Centres" on left, then "Queen Elizabeth II Health Sciences Centre." Click "Nova Scotia Rehabilitation Centre" under "Victoria General site buildings" on right side of centre of page.

Cross-disability rehabilitation facility.

Public Health Services—Clare
Clare Medical Centre
PO Box 150
Meteghan, NS B0W 1Z0
645-2325
Fax: 645-3250

Public Health Services—Digby
67 Warwick Street, 3rd Floor
PO Box 1718
Digby, NS B0V 1A0
245-2557
Fax: 245-5517

Queens General Hospital
175 School Street
PO Box 370
Liverpool, NS B0T 1K0
354-3436
Fax: 354-2018
www.ssdha.nshealth.ca/qgh.htm

Contains 24-hour emergency department.

Ronald McDonald House Atlantic Canada
Friends of Children (Atlantic) Association
1133 Tower Road
Halifax, NS B3H 2Y7
429-4044
Fax: 429-8650
info@rmhatlantic.ca
www.rmhatlantic.ca

Roseway Hospital
1606 Lake Road
PO Box 610
Shelburne, NS B0T 1W0
875-3011
Fax: 875-1580
www.swndha.nshealth.ca/roseway.htm

Contains 24-hour emergency department.

Soldiers Memorial Hospital
462 Main Street
PO Box 730
Middleton, NS B0S 1P0
825-3411
www.avdha.nshealth.ca/smh

South Shore Regional Hospital
90 Glen Allan Drive
Bridgewater, NS B4V 3S6
543-4603
www.ssdha.nshealth.ca/ssrh.htm

Contains 24-hour emergency department.

South West Nova District Health Authority
60 Vancouver Street
Yarmouth, NS B5A 2P5
742-3541
Fax: 742-0369
info@swndha.nshealth.ca
www.swndha.nshealth.ca

Valley Regional Community Asthma Care Centre
150 Exhibition Street
Kentville, NS B4N 5E3
678-2657, ext. 2751
www.avdha.nshealth.ca/programs/asthma.asp

Patient education programs for children and adults with asthma.

Valley Regional Hospital
150 Exhibition Street
Kentville, NS B4N 5E3
678-7381
Fax: 679-1904
www.avdha.nshealth.ca/vrh

Western Kings Memorial Health Centre
121 Orchard Street
PO Box 490
Berwick, NS B0P 1E0
538-3111
Fax: 538-9590
www.avdha.nshealth.ca/wkm

Yarmouth Regional Hospital
60 Vancouver Street
Yarmouth, NS B5A 2P5
742-3541
Fax: 742-0369
www.swndha.nshealth.ca: Select "Hospitals" and then scroll down to "Yarmouth Regional Hospital."

Yarmouth Regional Hospital Asthma Education Clinic
Respiratory Therapy Department
60 Vancouver Street
Yarmouth, NS B5A 2P5
742-3542, ext. 505
Fax: 742-0512

Patient education program for children and adults with asthma. Physician referral required.

Psychological Services

Association of Psychologists of Nova Scotia
1657 Barrington Street, Suite 417
Halifax, NS B3J 2A1
422-9183
Fax: 462-9801
apns@apns.ca
www.apns.ca

Provides a directory of psychologists registered with the association, as well as a guide to choosing a psychologist. Psychologists cannot be reached directly through this phone number or email address; the association provides referrals to private practice psychologists.

Bower-Jacquard Psychological Services
7165 Highway 1, Suite 102
Coldbrook, NS B4R 1A2
678-6572
Fax: 678-6228
Sheila Bower-Jacquard, bower-jacquard@ns.aliantzinc.ca

Therapy for individuals, couples, families, and children.

Boyd and Pick Psychological Services
15 Jones Road, Suite 2

New Minas, NS B4N 3N2
681-0235
Fax: 681-0215
boyd.pick@ns.sympatico.ca

Dr. James Chandler
Yarmouth Professional Building
615 Main Street, Suite 315
Yarmouth, NS B5A 1K1
742-6661

Specializes in pediatric psychiatry.

Barbara L. DeLong
Private Practice
PO Box 833
Chester, NS B0J 1J0
277-0566
c/o Chester Family Practice
3785 Highway #3
Chester, NS
Fax: 275-2032
c/o South Shore Psychological Services
926 King Street
Bridgewater, NS
Fax: 527-2946

Provides counselling services to individuals and couples.

Joan Reeves
South Shore Assessment & Counselling Services
PO Box 8, Site 1, RR #3
Lunenburg, NS B0J 2C0
527-6804
Fax: 634-7213
ssacs@eastlink.ca

Therapist who provides individual, couple and family counselling.

Wanda L. Schofield
Kentville Family Counselling Centre
401 Main Street, Suite 100
Kentville, NS, B4N 1K7
365-3445
Cell: 691-5125
Fax: 365-3446
kentvillefcc@eastlink.ca

Provides counselling regarding separation and divorce, stress and coping, grief and loss, parenting and blended family issues, adoption, depression and anxiety, child and youth services and abuse issues. Provides assessments for mental health addiction issues (including depression, anxiety, ADHD), adoption home assessments, and at youth risk.

Shireen Singer
4271 Highway #3, RR #2
Chester, NS B0J 1J0
275-5041
233-8305 (toll free)
ssinger@ns.sympatico.ca

Counsellor with experience in adoption and attachment issues.

Recreation Services

Big Brothers Big Sisters of Annapolis Valley
136 Exhibition Street
Kentville, NS B4N 4E5
678-8641
bbbskingsannapol@aol.com
www.bbbsannapolisvalley.ca

Provides the opportunity for a one-to-one relationship between children and adult volunteers. The aim is to enhance the development and sense of self-worth of children who are primarily from single-parent families. Carefully screened adult volunteers are matched with children who are in need of leadership, guidance, friendship, or role modelling. In-school mentor program as well.

Big Brothers Big Sisters of Shelburne County
35 King Street
PO Box 904
Shelburne, NS B0T 1W0
875-3312 or 875-1514
Fax: 875-1292
bbbsshelb@ns.sympatico.ca

Provides the opportunity for a one-to-one relationship between children and adult volunteers. The aim is to enhance the development and sense of self-worth of children who are primarily from single-parent families. Carefully screened adult volunteers are matched with children who are in need of leadership, guidance, friendship, or role modelling. In-school mentor program as well.

Big Brothers Big Sisters of South Shore
93 Dufferine Street
Bridgewater, NS B4V 2G4
543-4435
Fax: 543-8571
southshorebbbs@ns.sympatico.ca
www.bigbrothersbigsisters.ca/southshore

Provides the opportunity for a one-to-one relationship between children and adult volunteers. The aim is to enhance the development and sense of self-worth of children who are primarily from single-parent families. Carefully screened adult volunteers are matched with children who are in need of leadership, guidance, friendship, or role modelling. In-school mentor program as well.

Big Brothers Big Sisters of Yarmouth
32 Hawthorne Street
PO Box 698
Yarmouth, NS B5A 4K3
742-7623
bbbsyar@aol.com

Provides the opportunity for a one-to-one relationship between children and adult volunteers. The aim is to enhance the development and sense of self-worth of children who are primarily from single-parent families. Carefully screened adult volunteers are matched with children who are in need of leadership, guidance, friendship, or role modelling. In-school mentor program as well.

Boys and Girls Club of Yarmouth
11 Bond Street
Yarmouth, NS B5A 1P6
742-9103
Fax: 742-5915
bgcy@ns.sympatico.ca
www.bgccan.com

Offers recreation and social activities for children. Day care and after-school program also offered for ages three months to 12 years.

Boys and Girls Clubs of Canada—National Office
7100 Woodbine Avenue, Suite 204
Markham, ON L3R 5J2
1 (905) 477-7272
Fax: 1 (905) 477-2056
info@bgccan.com
www.bgccan.com: Select "Find a Club" to find a club in your area, and click "Go."

Clubs available in Dartmouth, Cole Harbour, Preston, Spryfield, Sackville, Truro/Colchester, and Yarmouth.

Boys and Girls Clubs of Nova Scotia
287 Lacewood Drive, Unit 103
PO Box 303
Halifax, NS B3M 3Y7
895-0358
sabs@tru.eastlink.ca

Bridgewater Parks, Recreation and Culture
60 Pleasant Street
Bridgewater, NS B4V 3X9
543-2274
Fax: 543-6876
www.bridgewater.ca

Girl Guides of Canada—Nova Scotia Council
423-3735
1 (800) 565-8111 (toll free)
Fax: 423-5347
ggcns@girlguides.ns.ca
www.girlguides.ns.ca
Activities for girls ages 5 to 17 years, as well as women ages 18 and over.

Municipality of East Hants Recreation and Culture Services
2361 Highway #2
Milford, NS
PO Box 190
Shubenacadie, NS B0N 2H0
758-2715
Fax: 758-3497
www.easthants.ca

Municipality of the District of West Hants Recreation Department
76 Morison Drive
PO Box 3000
Windsor, NS B0N 2T0
798-6938
Fax: 798-8553
recreation@westhants.ca
summerrec@westhants.ca
www.westhants.ca

Parks Canada—Atlantic Service Centre
1869 Upper Water Street, 2nd Floor,
Pontac House
Halifax, NS B3J 1S9
426-9805
Fax: 426-7012
www.pc.gc.ca

Parks Canada—National Office
25 Eddy Street
Gatineau, QC K1A 0M5
1 (888) 773-8888 (toll free)
information@pc.gc.ca
www.pc.gc.ca

Oversees all national parks in Canada.

Recreation Nova Scotia
5516 Spring Garden Road, Suite 309
Halifax, NS B3J 1G6
425-1128
Fax: 422-8201
info@recreationns.ns.ca
www.recreationns.ns.ca

Advocates on behalf of all Nova Scotians for high-quality recreation and leisure opportunities.

Scouts Canada
84 Thorne Ave
Dartmouth, NS B3B 1Y5
423-9227
1 (800) 557-7268 (toll free)
Fax: 423-7989
nsoffice@scouts.ca
www.ns.scouts.ca

Educational and recreation programs for youth.

Sport Nova Scotia
5516 Spring Garden Road, 4th Floor
Halifax, NS B3J 1G6
425-5450
Fax: 425-5606
sportns@sportnovascotia.ca
www.sportnovascotia.ca

Promotes the benefits of health, personal development, and achievement for all participants. Works to increase public awareness of the benefits of amateur sport.

YMCA of Lunenburg County
75 High Street
Bridgewater, NS B4V 1V8
543-9622
543-6399 (child-care services for ages 18 months and up; day camps offered in summer)
Fax: 543-6292
Candy Lohnes, director of child services, candy_lohnes@ymca.ca
www.ymcalunenburgcounty.org

Offers a range of recreation services for all ages, as well as child-care services.

YMCA of Yarmouth
275 Main Street
PO Box 86
Yarmouth, NS B5A 4B1
742-7181
Fax: 742-7676
mail@ymcayarmouth.ns.ca
www.ymcayarmouth.ns.ca

Offers a range of recreation services for all ages.

Special Needs

Abilities Foundation of Nova Scotia
3670 Kempt Road
Halifax, NS B3K 4X8
453-6000
Fax: 454-6121
admin@abilitiesfoundation.ns.ca
www.abilitiesfoundation.ns.ca

Services for children and adults who have physical disabilities. Offers Camp Tidnish for children ages eight years and older.

Accessible Nova Scotia
1 (866) 696-7536 (toll free)
info@accessiblens.ca
www.accessiblens.ca

A group of individuals, businesses, government representatives, and organizations who share a common vision of Nova Scotia as an accessible destination for both residents and visitors.

Alexander Society for Special Needs
PO Box 2398
Wolfville, NS B4P 2S3
582-3888
Kathleen Purdy, founding director,
kp@alexandersociety.org
www.alexandersociety.org

Creative art program for children and teens with special needs.

Aliant—Special Needs Services
PO Box 880
Halifax, NS B3J 2W3
1 (800) 694-9313 (toll-free number to request special equipment and inquire about pick-up locations)
1 (800) 267-6511 (toll-free number for Aliant Relay Service; allows TTY users to communicate over the Public Switched Telephone Network)
1 (866) 425-4268 (toll-free number for customer service)
TTY/TDD: 1 (800) 276-3105 (toll free)
www.aliant.net: Select "Phone Services" under "For Your Home" menu, then "Home Telephone" from left menu. Select "Atlantic Relay Service" under "Telephone Services" heading.

Provides specialized telephone communication devices and services to clients with special needs.

APSEA (Atlantic Provinces Special Education Authority)
5940 South Street
Halifax, NS B3H 1S6
424-8500
Fax: 424-0543
www.apsea.ca

Serves children and youth who are deaf, hard of hearing, deafblind, blind, or visually impaired.

APSEA—Services for students who are blind or visually impaired.
John McConnell, director, mcconnellj@apsea.ca

APSEA—Services for students who are deaf or hard of hearing.
Joan Skinner, director,
skinnerj@apsea.ca

Attention Deficit Association of Nova Scotia
506 Sackville Drive
Lower Sackville, NS B4C 2R8
869-1117
Fax: 869-3836

Provides education, support, and research assistance for people who are affected by attention deficit hyperactivity disorder.

Brain Injury Association of Nova Scotia
Victoria General Hospital
Bethune Building, Room 242
PO Box 8804

Halifax, NS B3K 5M4
473-7301
Fax: 473-7302
bians1@ns.sympatico.ca
www3.ns.sympatico.ca/bians1/

Provides support for brain-injured people and their families.

Canadian Cystic Fibrosis Foundation—Scotia Chapter
1801 Hollis Street, Suite 415
Halifax, NS B3J 3N4
425-2462
1 (800) 378-2233 (national toll-free number)
Fax: 422-2956
Pamela Barnes, development coordinator, pamela@cfnovascotia.ca
www.cysticfibrosis.ca

Provides information and support to people affected by cystic fibrosis.

Canadian Diabetes Association
Regional Leadership Centre
137 Chain Lake Drive, Suite 101
Halifax, NS B3S 1B3
453-4232
1 (800) 326-7712 (toll free)
Fax: 453-4440
www.diabetes.ca

Provides information and resources to people with diabetes and their families. Summer camps for children.

Camp Morton
Kejimikujik
Queens County, NS
1 (800) 326-7712 (toll free)

For children ages 13 and 14 living with type 1 diabetes.

Camp Lion Maxwell
Lake William
Lunenburg County, NS
1 (800) 326-7712 (toll free)

For children ages 7 to 12 living with type 1 diabetes.

Canadian National Institute for the Blind
6136 Almon Street
Halifax, NS B3K 1T8
453-1480
1 (800) 563- 2642 (toll-free number for national office)
Fax: 454-6570
nspei@cnib.ca
www.cnib.ca

Offers rehabilitation services to those who are blind or visually impaired.

Canadian Paraplegic Association (Nova Scotia)
Mainland Nova Scotia & Head Office
Halifax Shopping Centre, Tower 1
Suite 317A
Halifax, NS B3L 4N9
423-1277
1 (800) 889-1889 (toll free within Nova Scotia)
Fax: 492-1213
halifax@canparaplegic.org
www.thespine.ca

Helps people with spinal cord injuries and other physical disabilities to achieve independence, self-reliance, and full community participation.

Deaf Literacy Nova Scotia
c/o Society of Deaf and Hard of Hearing Nova Scotians

1657 Barrington Street, Suite 117
Halifax, NS B3J 2A1
423-3353
422-7130 (voice, videophone, TTY)
Fax: 492-3864
dlns@sympatico.ca
www.deafliteracynovascotia.ca

Promotes and supports literacy and learning of deaf adults through self-development, literacy, and American Sign Language/Maritime Sign Language literacy.

Disability Tax Credit/Child Disability Benefit
1 (800) 959-8281 (toll free)
www.cra.gc.ca: Enter into language of preference, then select "Persons with disabilities" from "Information For" column on the left.

Information on both the Disability Tax Credit and Child Disability Benefit, either of which may be available to parents who support a child or children who have a severe and prolonged mental or physical impairment.

Epilepsy Association of Nova Scotia
5880 Spring Garden Road, Suite 306
Halifax, NS B3H 1Y1
429-2633
1 (866) EPILEPSY (374-5377) (toll free)
Fax: 425-0821
info@epilepsyns.com
www.epilepsyns.com

Provides information and resources to people with epilepsy and their families.

Equal Education Association of Nova Scotia
860-1759
info@eeans.com
www.eeans.com

Non-profit association that advocates educational rights on behalf of all children with learning disabilities in Nova Scotia.

Evergreen Home for Special Care
655 Park Street
Kentville, NS B4N 3V7
678-7355
Fax: 678-5996
evergreen@evergreenhome.ns.ca
www.evergreenhome.ns.ca

Privately owned continuous care provider. Includes a 20-bed children's unit and provides long-term placements and respite care for high-needs children.

Kings Regional Rehabilitation Centre
PO Box 128
Waterville, NS B0P 1V0
538-3103
Fax: 538-7022
www.krrc.nsnet.org

Learning Disabilities Association of Nova Scotia
46 Portland Street, Suite 601
Dartmouth, NS B2Y 1H4
423-2850
Fax: 423-2834
info@ldans.ca
www.ldans.nsnet.org

Offers advocacy, support, and referral services to children, parents, adults, and others dealing with learning disabilities.

Lisa Harris—speech-language pathologist
PO Box 909
Chester, NS B0J 1J0
495-1343
Fax: 275-4369
slp.harris@ns.sympatico.ca

Assessment and treatment of speech and language difficulties.

Mariposa Reading Achievement Centre—Elmsdale
163 Highway 214, Suite #1
Elmsdale, NS B2S 1G7
883-8200
Fax: 883-1545
mariposaelmsdale@gmail.com
www.mariposa-reading.com

Reading therapy programs. Psychological awareness program for children and adults under the director of Dr. George Gasek, speech-language pathologist.

Mariposa Reading Achievement Centre—Bridgewater
109 Logan Road, Unit 1B
Bridgewater, NS B4V 3T3
543-6243
www.mariposa-reading.com

Reading therapy programs.

Mariposa Reading Achievement Centre—Windsor
40 Water Street, Suite 204
Windsor, NS B0P 1L0
472-3533.

Mariposa Reading Achievement Centre—Yarmouth
396 Main Street Suite 201A
Yarmouth, NS B5A 1E9
749-2211
www.mariposa-reading.com

Reading therapy programs.

Newborn Hearing Screening Program—IWK
5850/5980 University Avenue
PO Box 3070
Halifax, NS B3J 3G9
470-7146
Fax: 470-7950
nshgrace@nshsc.ns.ca
www.nshsc.ns.ca

Provides early detection and treatment of hearing disorders.

Nova Scotia Direct Family Support
5675 Spring Garden Road
PO Box 696
Halifax, NS B3J 2T7
424-0932
Fax: 424-0708
www.gov.ns.ca/coms/disabilities/

Provides support and services to both children and adults with disabilities who live at home with their families.

Nova Scotia Direct Family Support—Western Regional Office
10 Webster Street, Suite 202
Kentville, NS B4N 1H7
679-6715
Fax: 679-6127
www.gov.ns.ca/coms/disabilities/

Provides support and services to both children and adults with disabilities who live at home with their families.

Nova Scotia Disabled Persons Commission
Dartmouth Professional Centre
277 Pleasant Street, Suite 104
Dartmouth, NS B2Y 4B7
424-8280
1 (800) 565-8280 (toll free within Nova Scotia)
www.gov.ns.ca/disa

Gives people with disabilities a way to participate in the provincial government policy-making process, and advises policy-makers and program-developers about the needs of people with disabilities and the issues and concerns that affect the lives of people with disabilities.

Nova Scotia Hearing and Speech Centres—Bridgewater
South Shore Health
South Shore Regional Hospital
90 Glen Allan Drive
Bridgewater, NS B4V 3S6
543-4604, ext. 2248
Fax: 527-0482
nshsc@nshsc.ns.ca
Karen Hiltz, secretary,
khiltz@ssdha.nshealth.ca
www.nshsc.ns.ca

Services for children and adults with any speech, language, or hearing disorder.

Nova Scotia Hearing and Speech Centres—Digby
75 Warwick Street (basement entrance)
Digby, NS B0V 1A0
245-2502, ext. 3265
Fax: 245-5517
www.nshsc.ns.ca

Services for children and adults with any speech, language, or hearing disorder.

Nova Scotia Hearing and Speech Centres—Kentville
Valley Regional Hospital
150 Exhibition Street
Kentville, NS B4N 5E3
679-2657, ext. 1400
Fax: 678-3685
nshsc@nshsc.ns.ca
Michelle Clarke, secretary,
mclarke@nshsc.nshealth.ca
www.nshsc.ns.ca

Services for children and adults with any speech, language, or hearing disorder.

Nova Scotia Hearing and Speech Centres—Liverpool
Queens General Hospital
175 School Street
Liverpool, NS B0T 1K0
354-3437, ext. 1246

Fax: 354-5002
nshsc@nshsc.ns.ca
nshscliv@nshsc.nshealth.ca
www.nshsc.ns.ca

Services for children and adults with any speech, language, or hearing disorder.

Nova Scotia Hearing and Speech Centres—Middleton
Soldiers Memorial Hospital
462 Main Street, Level 2
Middleton, NS B0S 1P0
825-3411, ext. 233
Fax: 825-0599
nshsc@nshsc.ns.ca
nshscmid@nshsc.ns.ca
www.nshsc.ns.ca

Services for children and adults with any speech, language, or hearing disorder.

Nova Scotia Hearing and Speech Centres—Shelburne
Roseway Hospital (use main doors)
Sandy Point Road
Shelburne, NS B0T 1W0
875-3011, ext. 269
Fax: 875-4503
nshsc@nshsc.ns.ca
www.nshsc.ns.ca

Services for children and adults with any speech, language, or hearing disorder.

Nova Scotia Hearing and Speech Centres—Waterville
Kings Regional Rehabilitation Centre
1349 Country Home Road
PO Box 128
Waterville, NS B0P 1V0
538-3103, ext. 162
Fax: 538-7022
nshsc@nshsc.ns.ca
Amy Smith, speech-language pathologist, asmith@nshsc.ns.ca
www.nshsc.ns.ca
www.krrc.nsnet.org

Services for children and adults with any speech, language, or hearing disorder.

Nova Scotia Hearing and Speech Centres—Windsor
Hants Community Hospital
89 Payzant Drive
Windsor, NS B0N 2T0
792-2084
Fax: 798-4435
nshsc@nshsc.ns.ca
Carla Scholten, speech-language pathologist,
carla.scholten@cdha.nshealth.ca
www.nshsc.ns.ca

Services for children and adults with any speech, language, or hearing disorder.

Nova Scotia Hearing and Speech Centres—Yarmouth
Western Regional Health Centre
60 Vancouver Street
Yarmouth, NS B5A 2P5
742-3542, ext. 364
Fax: 742-6134
nshsc@nshsc.ns.ca
Deborah Thompson, secretary,
dthompson@swndha.nshealth.ca
www.nshsc.ns.ca

Services for children and adults with any speech, language, or hearing disorder.

Pathways Community Association
450 LaHave Street, Unit 17, Suite 250
Bridgewater, NS B4V 4A3
543-2272, 530-5302, or 543-9213
pathwayslearning@eastlink.ca
www.learningpathways.ca

Support group for parents of children with learning disabilities.

Provincial Autism Centre
1456 Brenton Street
Halifax, NS B3J 2K7
446-4995
1 (877) 544-4495 (toll free)
Fax: 446-4997
info@autismcentre.ns.ca
www.autismcentre.ns.ca

Provides information on autism spectrum disorders. For a yearly fee of $10, anyone throughout the province can receive resource books by mail on a temporary basis.

reachAbility
6389 Coburg Road, Suite 307
Halifax, NS B3H 2A5
429-5878
Fax: 429-5858
info@reachability.org
www.reachability.org

A non-profit organization in Nova Scotia that works to improve access to justice, equality, and human rights for people living with disabilities and for those within their support system.

Society of Deaf and Hard of Hearing Nova Scotians
1657 Barrington Street, Suite 117
Halifax, NS B3J 2A1
422-7130 (voice, videophone, TTY)
Fax: 492-3864
1 (800) 516-5551 (toll free within Nova Scotia)
sdhhns@ns.sympatico.ca
www.sdhhns.org

Provides services to people who are deaf or hard of hearing, as well as hearing parents of children who are deaf.

Special Olympics Nova Scotia
5516 Spring Garden Road, Suite 305
Halifax, NS B3J 1G6
1 (866) 299-2019 (toll free)
Fax: 425-5606
www.sons.ca

Non-profit organization dedicated to providing year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability.

Spina Bifida and Hydrocephalus Association of Nova Scotia
PO Box 341
Coldbrook, NS B4R 1B6
679-1124
1 (800) 304-0450 (toll free)
Fax: 679-1433
spina.bifida@ns.sympatico.ca
www.sbhans.ca

Provides services to individuals with spina bifida and hydrocephalus and their families.

Valley Read (A Spell Read P.A.T. Licensee)
35 Webster Street, Suite 201
Kentville, NS B4N 1H4
678-0654
info@valleyread.com
www.valleyread.com

Services for children ages six years and older with reading difficulties. Phonics training program.

Yarmouth Association for Community Residential Options
6 Thurston Street
PO Box 866
Yarmouth, NS B5A 4K5
742-9258
Fax: 742-0156
info@yacro.com
www.yacro.com

Offers respite services for families with children and youth with disabilities. Services for mentally and physically challenged children and adults. Fosters independent living.

Other Informational Resources

Adopt—Assistance, Information, Support
www.adopting.org

American website with useful articles and information.

Adoption Council of Canada
1 (888) 542-3678 (toll free)
www.adoption.ca

Website with useful articles and information.

Adoptive Families Association of BC
www.bcadoption.com/default.asp

Website with useful articles and information

Alternative Programs for Youth and Families Inc
172 Dufferin Street
Bridgewater, NS B4V 2G7
543-1727
Fax: 543-2614

Annapolis Valley Regional Library
26 Bay Road
PO Box 640
Bridgetown, NS B0S 1C0
665-2995
1 (866) 922-0229 (toll free)
Fax: 665-4899
www.valleylibrary.ca

Association of Black Social Workers
6414 Coburg Road
Halifax, NS B3H 3J5
Wanda Thomas Bernard, president,
wanda.bernard@dal.ca
494-1190
www.nsasw.org: Follow the ABSW link.

Black Cultural Centre for Nova Scotia
1149 Main St
Dartmouth, NS B2Z 1A8
434-6223; Fax: 434-2306;
contact@bccns.com; www.bccns.com

Is dedicated to the preservation and promotion of Canadian Black Culture.

Bridgewater Family Support Centre
156 York Street
Bridgewater, NS B4V 1R3
543-1301
Fax: 543-1828
cushintb@gov.ns.ca
capc.bri@ns.sympatico.ca

Various programs and services for families.

Caregivers Nova Scotia
7001 Mumford Road
Tower 1, Suite 105
Halifax, NS B3L 4N9
421-7390
Fax: 421-7338
info@caregiversns.org
www.caregiversns.org

Provides information and support to caregivers of those with disabilities and chronic illness.

Chester and Area Family Resource Centre
PO Box 99
Chester, NS B0J 1J0
275-4347
Fax: 275-2013
cafrc@ns.aliantzinc.ca
www.chesterfamilycentre.ca

Provides programs, information, resources, and services for families in the Chester area.

Colchester-East Hants Public Library—Elmsdale Branch
Hants East Resource Centre
15 Commerce Court, Suite 100
Elmsdale, NS B2S 3K5
883-9838
elmsdale@nstc.library.ns.ca
www.lovemylibrary.ca

Colchester-East Hants Public Library—Mount Uniacke Branch
555 Highway #1
Site 1, Box 2, RR 1
Mount Uniacke, NS B0N 1Z0
866-0124
Fax: 866-0519
mtuniack@nstc.library.ns.ca
www.lovemylibrary.ca

Community Access Program—c@p
1 (800) 575-9200 (toll free)
http://cap.ic.gc.ca

Sites with free access to computers and the Internet.

Confederacy of Mainland Mi'kmaq
PO Box 1590
57 Martin Crescent
Truro, NS B2N 5V3
895-6385
Fax: 893-1520
www.cmmns.com

Family Matters: The Annapolis County Family Resource Centre
26 Bay Road, Suite 202
PO Box 580
Bridgetown, NS B0S 1C0
665-2622
1(800) 399-7119 (toll free)
Fax: 665-4148
familymatters@ns.sympatico.ca
www.acfrc.ca

Services and programs for parents and children.

Family Resource Centre of West Hants
War Memorial Building, Room 3
78 Thomas Street
PO Box 2847
Windsor, NS B0N 2T0
798-5961
Fax: 798-5962
frcofwesthants@ns.sympatico.ca
www.geocities.com/frcofwesthants
Various programs and services for families. For children of all ages.

Federation of Foster Families of Nova Scotia
99 Wyse Road, Suite 350
Dartmouth, NS B3A 4S5
424-3071
1 (888) 845-1555 (toll free)
Fax: 424-5199
Carol Cole, administrative assistant—operations, colecf@gov.ns.ca
www.fosterfamilies.ns.ca
Provides support for foster families.

Greenwood Military Family Resource Centre
AVM Morfee Centre
School Road
PO Box 582
Greenwood, NS B0P 1N0
765-5611
Fax: 765-1747
www.greenwoodmfrc.ca
Provides programs, information, resources, and services to military families.

Hantsport Public Library
11 School Street
PO Box 542
Hantsport, NS B0P 1P0
684-4005
www.valleylibrary.ca

Kids Help Phone
3433 Dutch Village Road
Halifax, NS B3N 2S7
457-4779 (regional office)
1 (800) 668-6868 (toll-free helpline)
Fax: 457-1074
atlantic@kidshelpphone.ca
www.kidshelpphone.ca
Canada's only toll-free, 24-hour, bilingual, and anonymous phone and web counselling, referral, and information service for children and youth.

Kings County Family Resource Centre
503 Main Street
Kentville, NS B4N 1L4
678-5760
family.centre@ns.sympatico.ca
Various programs and services for families.

North American Council on Adoptable Children
www.nacac.org
Website with resources and articles of interest; American organization but with Canadian board members.

Nova Scotia Association of Social Workers
Plaza 1881, 1891 Brunswick Street, Suite 106
Halifax, NS B3J 2G8
429-7799
Fax: 429-7650
nsasw@nsasw.org
www.nsasw.org

Promotes and regulates the practice of social work and helps its members to offer a high standard of service that respects diversity, promotes social justice, and enhances the worth, self-determination, and potential of individuals, families, and communities.

Nova Scotia Community Organization Network (NSNET)
PO Box 128
Waterville, NS B0P 1V0
538-3103, ext. 112
Fax: 538-7022
trc@nsnet.org
www.nsnet.org

Provides links to websites of Nova Scotian community organizations.

Nova Scotia Human Rights Commission
2651 Westville Road, RR 3
PO Box 728
New Glasgow, NS B2H 5C6
752-3086
Fax: 755-7239
hrcinquiries@gov.ns.ca
www.gov.ns.ca/humanrights

Addresses complaints of discrimination and provides cultural diversity training.

Nova Scotia League for Equal Opportunities
5251 Duke Street, Suite 1211
Halifax, NS B3J 1P3
455-6942
1 (866) 696-7536 (toll free)
Fax: 454-4781
nsleo@eastlink.ca
www.novascotialeo.org

Advocacy organization working on behalf of people with disabilities.

Nova Scotia Youth Help Line
5670 Spring Garden Road
Halifax, NS B3J 1H6
420-8336 (24-hour crisis line)
1 (800) 420-8336 (toll-free, 24-hour crisis line)
Fax: 423-3240

Peer counselling nightly from 6 pm to 10 pm. Open 24 hours for emergencies.

Parents' Place Yarmouth Family Resource Centre
34 Barnard Street
Yarmouth, NS B5A 3T5
749-1718
Fax: 749-1325
parentsplace@eastlink.ca
www.parentsplaceyarmouth.org

Various programs and services for families.

Passport Canada—Halifax Office
1505 Barrington Street, Suite 1508
Halifax, NS B3J 3K5
1 (800) 567-6868 (toll free)
Fax: 426-4620

PFLAG (Parents, Families and Friends of Lesbians and Gays)
1633 Mountain Road, Box 29211
Moncton, NB E1G 4R3
English: 1 (888) 530-6777 (toll free)
French Support Line:
1 (888) 530-6483 (toll free)
(506) 869-8191
Fax: (506) 387-8349
execdirector@pflagcanada.ca.

PFLAG Canada is Canada's only national organization that helps all Canadians who are struggling with issues of sexual orientation and gender identity. PFLAG Canada supports, educates and provides resources to parents, families, friends and colleagues with questions or concerns, 24 hours a day, 7 days a week.

Queens Family Resource Centre
108 College Street
PO Box 1360
Liverpool, NS B0T 1K0
354-7176
Fax: 354-7460

Various programs for parents and children.

St. John Ambulance—Main Branch
88 Slayter Street
Dartmouth, NS B3A 2A6
463-5646
1 (800) 565-5056 (toll free)
Fax: 469-9609
info@stjohnambulance.ns.ca
www.sja.ca
www.sja.ca/ns

Provides first aid training.

South Shore Regional Library
Physical address: 15442 Highway #3
Hebbville, NS B4V 2W3
Mailing address: PO Box 34
Bridgewater, NS B4V 2W6
Phone: 543-2548
Fax: 543-8191
info@ssrlibrary.ca
www.ssrlibrary.ca

Western Counties Regional Library
405 Main Street
Yarmouth, NS B5A 1G3
742-2486
Fax: 742-6920
www.westerncounties.ca

Windsor Regional Library
195 Albert Street
PO Box 106
Windsor, NS B0N 2T0
798-5424
www.valleylibrary.ca